AUSTRALIA'S MOST POPULAR SELF-SUFFICIENCY MAGAZINE

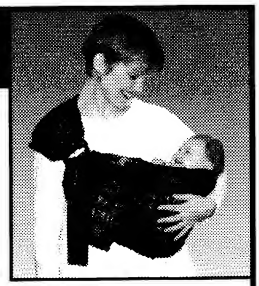
Grass Roots

AUSTRALIA $4.95
New Zealand $6.75 incl GST
No. 129. Oct/Nov 98
ISSN 0310-2890
Printed on plantation-grown paper

- Heavy Horses • Lavender Farm • Patchwork
- How to Make Paper, a Windmill, a Hopi Oven
- Grow Yams, Eggplant Trees, and Your Own Sugar



'Kanga Carrier' baby sling.



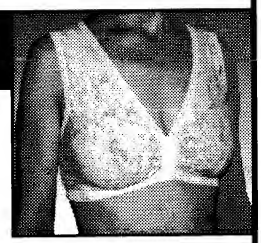
This innovative baby carrier allows baby to snuggle against you, lying down, from birth, then upright as baby grows.
Baby's weight is balanced evenly across your body, so it is extremely comfortable, as well as simple to use and adjust.

Suits newborn - 2 yrs.

- *Newborn - 5 mths, baby snuggles horizontally against you.*
- *5 mths - 2 yrs (once head control has been gained) baby is carried vertically, in front or on your side.*

***COST:** $49.95 plus $3.50 postage.*

Maternity night-time Bra.



The comfortable alternative during pregnancy & breast feeding. Features...

- *Cool cotton lycra.*
- *Stretch lace (no ridge elastic) to minimise any pressure on milk ducts.*
- *Sports action back and wide shoulder straps.*
- *Snug contoured fit.*
- *Front opening.*
- *Midwife recommended.*

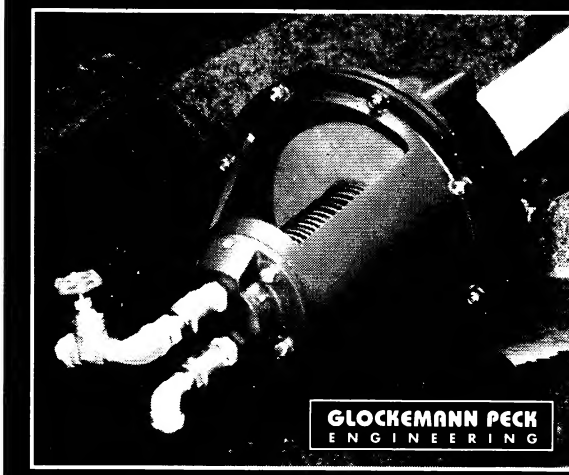
***COST:** $23.95 plus $2.00 postage.*

Please phone for orders or catalogues.

Family Fundamentals
P.O. Box 861
Mt Waverley, 3149
Phone: (03) 9888 3334

The Glockemann Water Pump

• Reliable *water powered* water pumping • Easy to operate - no fuel costs
• Pumps to a head of 200 metres • Versatile - install in any creek or river
• Runs quietly - environmentally safe • Minimal maintenance
• Low supply drop, as little as half a metre



Please contact: **GLOCKEMANN PECK Engineering**
Tele/ Fax (02) 9708 0900 Mobile: 0411 863 693
P.O. Box 357 West Ryde NSW 1685

PHOENIX SEEDS



Common & Unusual Vegetables

Culinary & Medicinal Herbs

Cottage Garden & Modern Cut Flowers

Utilitarian & Ornamental Trees

Current **mail order catalogue** is available now - **free**. A copy will be posted if you send your full name & address to:

Phoenix Seeds, PO Box 207, SNUG 7054.
Ph: 03-6267-9663

QUICK-SPIN WOOL

Scoured and carded natural coloured and white wool tops. Plain dyed and blended shades of 22 micron merino blended with cashmere; angora rabbit; camel; kid mohair; alpaca; flax; kid mohair/silk; kid mohair/silk/alpaca; alpaca/silk/camel/kid mohair.
All in delightful colour ranges. Quick to spin, economical, no waste and luxurious to wear.

Yarns for weaving, knitting, dyeing. Earth palette, Landscapes dyes for natural fibres.

Ashford wheels & products. Felting batts & tools.

Full sample range $12 posted.

QUICK-SPIN WOOL

Quick-Spin Wool
Dept GR, RMB 1215,
Shelford Rd, Meredith 3333.
Ph/fax: 03-5286-8224

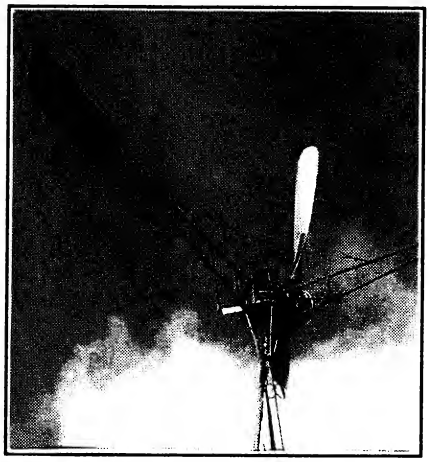
Welcome to Grass Roots magazine



Hands-on organics, page 6



Water woes, page 63



Natural power, page 57

PEOPLE

From Fashion to Farming — **Julie Doyle** — **11**
Lavender growing in style

Camel Caravan — **Rick Hall** — **14**
Envirofriendly farming option

Dreamworld Versus the Real World — **Heather Kozak** — **17**
Family adventures

What's Special About Your Locale — **31**
Readers promote their paradise

Changing Times — **Rebekah Oberin** — **35**
Keeping the faith

Grass Roots Dreams — **Vicki Judd** — **52**
Down-to-earth success story

The Jewel of Self-Sufficiency — **Helen Garretty** — **71**
A singular advantage

FARMSTOCK

Handling Heavy Horses — **Judy Clark** — **33**
Training in farm tradition

The Joy of Working Horses — **Michael Sartwell** — **34**
Keeping the heritage alive

ON THE LAND

Down on the Organic Farm — **John Holland** — **6**
Practical alternatives

Growing Native Yams — **Zig Madycki** — **59**
Tropical tuber

Fibreglass Tanks Can Explode — **Jose Robinson** — **63**
Accidents do happen

Buying A Farm, Money Matters — **Pat Coleby** — **75**
Totting up the extras

GARDEN

Multicultural Gardening, Tomato & Eggplant Trees — **Mark Mackay** — **25**
Growing Italian style

Stevia, Sow A Sweet Supply — **Isabell Shipard** — **56**
Homegrown sugar substitute

Black is Beautiful — **Anunga Muhummud** — **77**
Speedy composting

CRAFT

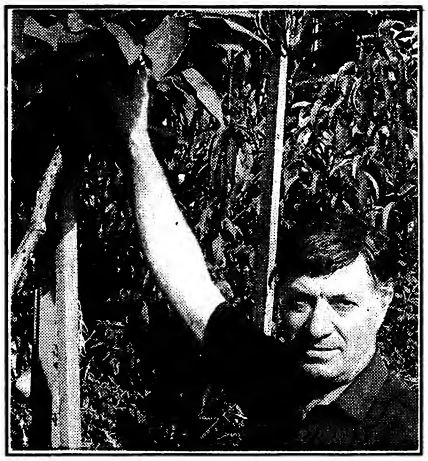
A Patchwork Christmas — **Pamela Odjik** — **15**
A meeting of traditions

Recycling Your Junk Mail — **Tony Camilleri** — **19**
Practical paper making

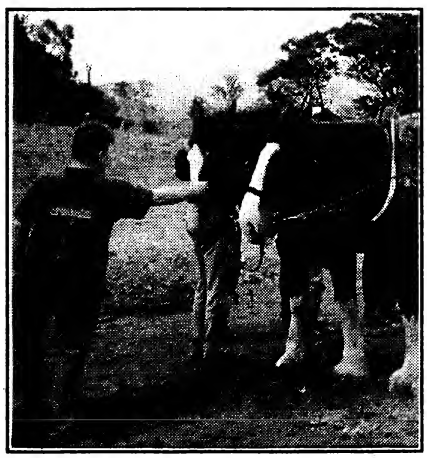
HEALTH

Garden Bounty, Avocados — **Cheryl Beasley** — **58**
Facial freshener

A Taste of Honey — **John Mount** — **62**
A natural ointment



Garden culture, page 25



Horse power, page 33



Folk Wisdom Across the Years — **Pam Cole & June Birkett** — **65**
Health hints from grandma's generation

St John's Wort — **John Mount** — **72**
Medicinal herb

PRACTICAL DIY

Our Hopi Oven — **S&R Dark** — **23**
Amerindian lore

Wind Worth Having — **Ian Black** — **57**
Free electricity

Recycling Runs Riot, Multiple Uses for Mesh Bags — **Roberino** — **73**
Resourcefulness from the recycling guru

OWNER BUILDING

Shelter From Sleepers — **Graham Murchie** — **29**
Bush building technique

Passive Solar Design — **Fran de Luce** — **67**
Pro-active energy efficiency

ENVIRONMENT

Creative Feng Shui — **Salli Ramsden** — **9**
Design for a health lifestyle

Tapping Local Resources — **John Morgan** — **18**
Don't miss this field day

Rescuing Native Birds — **Susan Dehn** — **55**
Preserving our wildlife

FOOD

Eat Your Cake and Frosting Too — **13**
Topping it off

First, Catch Your Yabby — **Vince Conlan** — **64**
Nature's harvest

REGULARS

Gumnut Gossip — **Megg Miller** — **5**
Livestock Health & Management — **37**
Eco News — **38**
Feedback Link-up Feedback — **39,49**
Index — **45**
Kids Page — **53**
In The Kitchen — **54**
Round the Market Place — **74**
Recent Releases — **78**
Down Home on the Farm — **Megg Miller** — **79**
Penpals — **80**
Grassifieds — **81**

COVER PHOTOS

Front Cover: Sandra Farrier lives a sustainable lifestyle and runs an organic lavender farm in New Zealand. Read her story on page 11. Photo by Julie Doyle.

Back Cover: Graham Murchie, proponent of bush skills explains how to make an inexpensive home using sleeper backs. Photo Sue Moore.

Edited by Megg Miller and Mary Horsfall.

Published by Grass Roots Publishing Pty Ltd, Box 117, Seymour 3661. Ph: 03-5792-4000, fax: 03-5792-4222. For classifieds see page 81.

We take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do we accept responsibility for the accuracy of statements made by contributors. Printed by Newsprinters P/L, Melbourne Rd, Shepparton 3630. Ph: 03-5831-2312.

©1998 by Grass Roots. No part of this publication may be reproduced without written permission of the publisher.

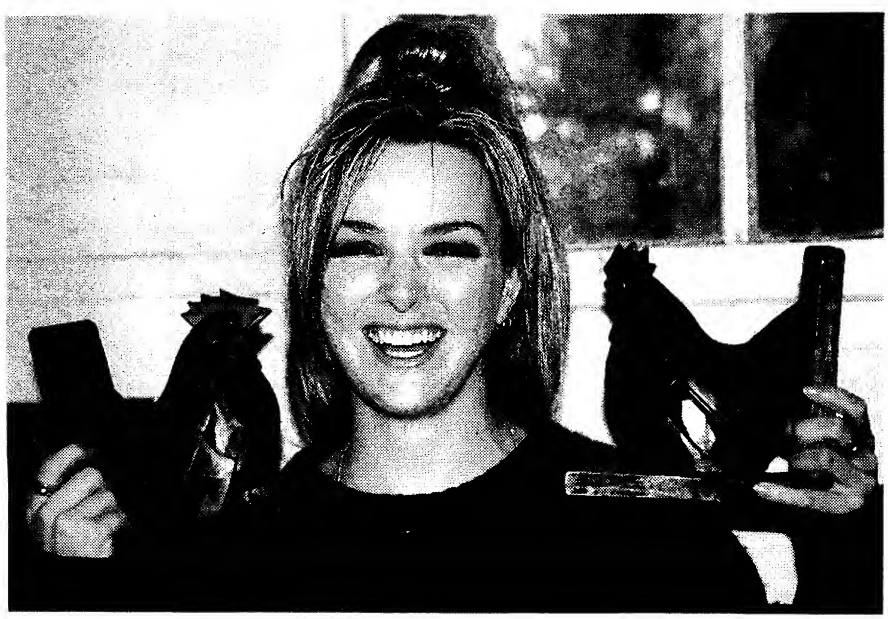
GUMNUT GOSSIP

by Megg Miller.

This surely is the last issue we're producing in our old surrounds. After we get your magazines posted off we will pack up and move to the new location. Being based in town will be very different after so many years on a farm, but it will have many advantages. Road freight companies will no longer have the excuse, 'We couldn't find your road,' and will have to deliver to the door. You wouldn't believe where parcels are left now. Help will be closer at hand should problems arise with equipment, and the summer scourge and dust shouldn't be such a difficulty. There are a number of toilets in the washrooms so there is bound to be at least one working at all times. And cafes are only five minutes away should capuccinos be necessary when the pressure is too much. Naturally, we will miss the unique setting we've been fortunate to share for so long, but if we stayed another week or so, one of us would disappear and be lost forever under the volumes of paper that abound.

After feasting and farewelling Kim last month we welcome Catherine to the team. She's very professionally stepped into the responsibility of page make-up and has worked hard to get this issue off to the printers on time. We've received several cards from Kim describing life afloat and it's been a teensy difficult matching the picture of the immaculately presented girl who worked here with that of a rain-drenched sailor battling wind and heavy seas. She is enjoying her adventures – well, most of the time – and has confessed to occasional moments of keyboarding deprivation. Don't know that she is missing work, however.

Becoming acquainted with the terminology used in *Grass Roots* takes time, just as familiarity with each other's handwriting is an acquired craft. I was really puzzled when Catherine asked what a hookyard was this week and relieved when she laughed and acknowledged she has missed Mary's correction. We inserted 'c' making the word recognisable as chookyard. I too didn't know what a hookyard was. The real test arose over a classified requesting a Cinva ram. 'Will I put this in the livestock section?', offered Helen. Mary and I were so amazed we asked Jen and Shelley if they knew what such a ram was. One thought it had something to do with computers and I'm sure the other mentioned musical instruments. No one knew of its connection with DIY earth building. Of course their short time with us is an appropriate excuse for this shortfall in knowledge, together with the fact they were otherwise involved during the heady days of back-to-the land living in the seventies and early eighties. Just as well some of us go back to the early days.



We puzzled over what to give Kim as a parting gift and hope the wooden chook book-ends will always remind her of us.

We boast here that *Grass Roots* folk know everything. And we were not let down with the requests made in this column last issue for a contact address for the Thermajig and for *Mother Earth News*. Thank you to the many who took the time to pass the relevant info on. The Thermajig solution was difficult but we believe Didgeridoona's in Caloundra can help. Try them on 07-5491-8797. *Mother Earth News* brought forth an avalanche of mail, their current address featuring in Feedback. One of our regular readers and contributors who has had a subscription for the magazine offers the advice that her copies have arrived 'unwrapped, tatty and definitely not up to the standard of other magazines acquired from the US'. Complaints about missing copies have fallen on deaf ears and remained unacknowledged. It appears the business side of this magazine is handled by a bureau, the left hand of which doesn't know what the right is doing. 'I have decided only halfwits send for this magazine as they are by far the most inefficient American company that I have dealt with,' is the concluding advice our disillusioned reader offers.

It's time again for our annual grumble – chain letters. Even I personally received one recently. It's been said time and again, they are intrusive, illegal and mighty irritating. The Office of Fair Trading doesn't believe they deliver the good fortune they promise, and neither do most who unwillingly receive them. Burn them, return to sender, put them into the worm farm. Don't be tempted to take them seriousiy, whether it be offers of instant dollars or threats of misfortune. And readers looking to Feedback or the Grassifieds for potential addresses, don't bother. It's contrary to the spirit of *Grass Roots.*

I'm going to finish with a few lines from a recent letter. 'It's time to renew dad's subscription. As you know he is a great *Grass Roots* fan and now that he is unable to get around, he spends many hours reading and rereading. I think it's a terrific source of inspiration, but for dad it allows him to remember his past. Over the years your kindness and wishes have ensured he feels part of the *Grass Roots* family and if anyone said anything untoward about the mag, then they had better watch out!' Doug Nisbet is not alone with these sentiments.

DOWN ON THE ORGANIC FARM

by John Holland, Flinders, Vic.

Sustainable farming has become a catch-cry, frequently used (and misused) but seldom seen. Rosemary and Graham Bryant's organic farm at Red Hill in Victoria is one that deserves the title. A mixed farming enterprise, it encapsulates the old-fashioned charm of a farmyard alive with diverse species, re-uses wastes as fertiliser for crops, and takes advantage of modern soil analysis methods to monitor the soil's mineral status. Enjoy John Holland's account of this farm of 'completion and harmony'.

I learnt how to grow my own food from books, never quite knowing just what a seedling was going to look like (is it a weed or a lettuce?), and sometimes wondering whether all the effort I was going to in fertilizing or mulering a particular species was actually going to do it more harm than good. I often envied those lucky people who learnt about these things from an accomplished adult at a young age. Not knowing anyone else interested in growing their own vegetables also left me a little short of the moral support that a novice gardener so desperately needs, as the advice of garden supplies staff is not exactly geared toward organic gardening. Fortunately, after struggling alone for a while, I was lucky enough to stumble upon an inspirational source of both information and vegetables.

Rosemary and Graham Bryant have been farming in the Rosebud area in Victoria for many years, working their current farm for the last ten. During that time they have developed an organic farm system that is stunning in its simplicity and resourcefulness. From the farm they sell their vegetables and free range organic eggs to the public. They produce is so good that they sell their entire output from the farm door.

A visit to the farm is a also wonderful experience for families as it fairly bristles with livestock: Ducks of many types, pigs, geese, chickens and gentle Jersey cows all demand the attention of young visitors. Such farmyard scenes which may be typical of children's books, but are hard to find today.

The Bryants' interest in the organic way of farming was given a sharp necessity after Graham suffered severe poisoning from a commonly used farm chemical. It left him "Really crook for years", as he tells it. Given that farming of this type is physically very demanding it is clear that he has made a good recovery, although relapses do slow him down occasionally.

Graham and Rosemary manage their property so that there are very few inputs from outside. In spite of being on sandy soil they have managed to maintain fertility through the continual addition of organic materials, the use of animals for processing waste, the maintenance of a large worm "farm" (more an organic processing plant), and the regular analysis of soil for mineral deficiency. In this way they limit the inputs to the farm to grass clippings from local garden contractors, occasional rock dust



Rosemary and Graham Bryant in the pig pen. The pigs are central to the waste recycling programme.



Graham Bryant in the shadecloth igloo, worm farm in background, newly propagated plants in foreground.

dressing and rare blood and bone or fish emulsion use.

THE PIG PEN

The large pile of organic waste through which the pigs root for edibles is the most obvious part of the system to the casual observer. Nearby large open bins, shaded from the fiercest sun, are used by the local garden contractors for the free disposal of their grass clippings. These clippings are added to the pig pen on a regular basis. Next to the pig pen are the cow sheds, where the cows overnight. All waste is added to the pig pen pile. At the front of the pen is a concrete apron which channels all liquid waste from the pen into a sump, from which it is pumped to storage for later use as liquid fertilizer. All vegetable wash down is done in wheelbarrows on this apron, so the runoff water is also automatically collected. Waste leaves, tops and tails are then easily added to the pen, to the pigs' obvious delight. All the while, of course, the pigs are adding their own waste to this delightful organic mix.

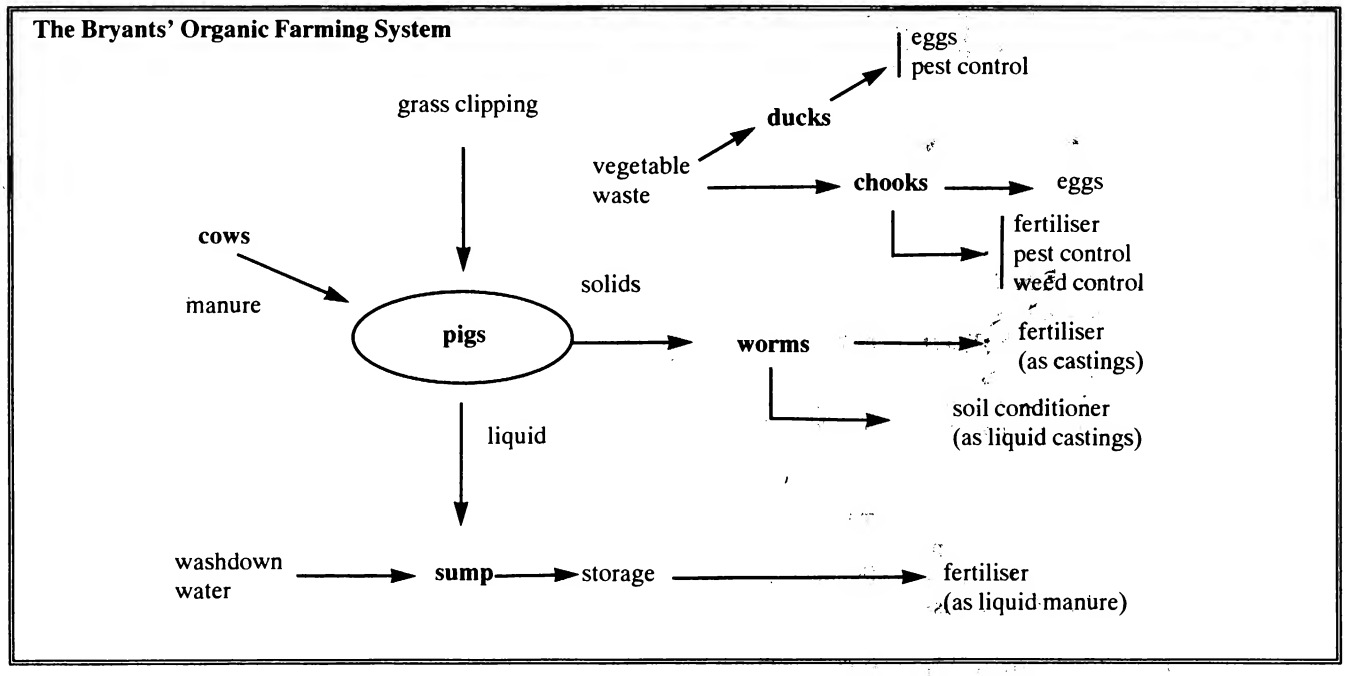
Graham has also started taking an interest in rare breeds and plans to introduce a rare breed of pig to his farm in the near future. He tells a fantastic tale of a lone hen roosting in the piggery once and going broody. While the hen nested in a quiet corner, the sow nearby produced piglets which the hen happily accepted as her own, much to the amusement of everyone. The sow showed no interest in the hen, which would protectively cover her 'chicks' with her wings to keep them warm! This amazing arrangement continued for six weeks, the hen totally unmolested by the sow until one day Graham forgot to give her the evening feed. The next morning a small pile of feathers and an absent hen provided obvious clues to the hen's fate. He swears the story to be true, and claims to have plenty of photos to prove it.

THE WORM FARM

When the pig pen waste reaches a level of decay deemed suitable it is transferred to the worm farm. Protected from sun and birds by a large shade cloth igloo, several windrows of pig pen waste in various stages of decomposition are being happily worked on by millions of those most useful of creatures known and loved by organic gardeners and farmers everywhere. The progression of the rows is obvious: the large, chunky bulk of the newest rows through to the finely textured, sweet smelling row which is almost pure worm castings, a fraction of the volume. This end product is used as the farm's stock fertilizer in combination with the liquid manure collected via the pig pen. It is also used with sand as the seedling mix for growth from seed and potting up of vegetable seedlings. Judging by the results this is a job to which it seems eminently suited. Graham is also excited about the use of liquid castings as a soil conditioner from which he has had some excellent results in recent experiments.

THE CHICKENS

Chickens are free ranged for their eggs. The Bryants provided free range dressed birds for a while, but found the health restrictions on such an operation too onerous and expensive to maintain. There seems to be an unlimited demand for their eggs, which I can attest to as I have never been able to arrive early enough in the day to secure any! They are currently using Isabrowns, which are a robust looking hen with gentle natures.



A good sideline business has developed raising day old chicks to point of lay hens. Those in excess of their needs are sold to their vegetable customers.

The hens are housed in large sheds built by Graham. These can be towed by tractor around the farm. They have automatic waterers with a reserve tank within which is topped up daily. The hens are contained to the desired area by a low electric fence, which is all that is necessary to stop them wandering. With this arrangement the hens get fresh pasture regularly and are used as 'chook tractors' when crops are finished. They are also fed organic wheat.

CROP AND PEST MANAGEMENT

Crops are rotated, with green manure crops incorporated into the system providing valuable structure to the sandy soil. Apart from a 'duck patrol' on sturdier crops, pest control is rarely needed. When absolutely necessary pyrethrum, garlic sprays and Bt (bacillus thuringiensis, a naturally occurring bacterium found in soil) are employed.

THE ORGANIC EXPERIENCE

What strikes a visitor at once about this farm, and it is something that *Grass Roots* readers would recognise, is the feeling of completion and harmony that surrounds a mixed small holding. The geese highlight the point. They have no other purpose but the pleasure they give the owners and visitors by their stately presence as they waddle about the appropriately dilapidated timber and tin shedding. This is a farm for living, and production is just a part of that. What a contrast to the stultifying formality of so many acres of seemingly endless, featureless rows of market gardens now being developed in the vicinity; productivity maintained by the use of chemical fertilizers, insecticides and fungicides on the fast leaching sandy soil. The crops grown there for the supermarket shelf support only a tiny fraction of the variety of life present at the Bryants' farm. Thank goodness for people who understand that human life is enriched by close cooperation with the complex web of life.

The Bryants business has proved so successful that recently they purchased a further 15 hectares of nearby land – that once formed part of Graeme's grandfather's holdings. In doing so they have been able to bring into the business their daughters and son-in-law, and to give them more flexibility and the ability to rest the land when needed.

The Bryants' Organic Farm can be found on Old Cape Shank Road, off Jetty Road, Rosebud, Victoria. Open 9am to 5.30pm Thursday to Saturday.

Making Money From Home

It's easy when you know how! And the best way to find out how is with the magazine **Australian Business & Money Making Opportunities**. Every issue is packed with information on business and money making opportunities *(full or part time)*. It's sold from Newsagents across Australia and N.Z and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p&h) with your name and address to:

AB, PO Box 518, Dept GRM, Sth Windsor 2756.

We also produce the following guides: 101 Money Making Opportunities, How To Profit From Your Handcrafts & Hobbies, How To Start A Mail Order Business, Making Money From Flea Markets, Making Money With Your Camera, Making Money With Your Home Computer, Start Your Own Import/Export Business, How To Organise A Successful Home-based Business. **FREE DETAILS SENT ON REQUEST.**

Fax: (02) 4577 6942 or Visit our web site at www.profitcentre.com

Balbadgerie

DEXTERS

For sale:
Grade to purebred registered cattle
All dehorned, current 7 in 1, wormed, mostly black

Visitors welcome ~ Inspection invited

Phone 08 8536 2961
Jo and Brian Garwood
Strathalbyn. SA. 5255

Environmentally friendly products to weather proof and dust seal all earth buildings

- Mud Brick Water Repellent
- Stabilised Earth Water Repellent
- Earth Bonding Emulsion

Tech-Dry 177-179 Coventry Street South Melb, Vic 3205

Vic	03 9699 8202
Qld	07 3356 0000
Sth Aust	08 8365 1159
NSW	02 9482 3360
WA	08 9336 2426

CREATIVE FENG SHUI
TAKING YOUR FUTURE IN HAND

by Salli Ramsden, Inala, Qld.

Long before Jesus lived, the Chinese had already begun exploring humanity's place between heaven and earth. Taoist philosophy and the *I Ching* had birthed the art of improving people's fortunes. This practice endured for millennia before being named in fourth century BC literature.

After the birth of Christ however, the knowledge was systematically suppressed. First it was outlawed by politicians pushing for a railway right across 18th century China. Feng Shui masters believed construction would irreparably sever land energy meridians and bring misfortune. Orthodox religions disapproved too. Man must not control his own destiny!

The art would continue to flourish in lucky Hong Kong, in Asia, and move with the New Age to touch people around the globe. You might have read about it or seen it on TV. I learned from my own experience. I would like to start by explaining how.

MY STORY

During the mid '80's I searched far and wide for a home on acres in the lowest price bracket. I needed a retreat, somewhere I could make a new life and rebuild my health. Everywhere I went I met people with broken dreams and properties which didn't feel good, were unfinished, or just didn't work. It was a study of failed projects.

I learnt that the building process can take a huge toll on relationships, finances and family life. I wondered why the vendors had such a hard time. What were they doing wrong? Why did everything change before they achieved their goals?

Well, I eventually found my dream home, a magical mountain property with magnificent views, unlimited clean spring water, rich volcanic soils and an old house. It would never happen to me. This was forever!

It hadn't occurred to me to ask about the history of the place and its people. What had happened there? Who had lived there? What did they stand for? Had they been happy and healthy? Why did they leave? Probably for the same reasons I did. I felt lonely and isolated. The property got on top of me. My health plummeted further and my relationship fell apart. The violent woodchip dispute closed in around me. Like others before me, I ran away. What is it that makes some projects work yet others fail?

I have invested the last decade in finding the answers. It changed my life. I now consult and write with joy. My aim is to empower you to create, re-create or decorate your home and gardens in harmony with natural forces. There are ways of living with awareness, humility and intention that can make life a breeze. Who said life wasn't meant to be easy?

This article is about Feng Shui, an intentional, intuitive design system with great potential in the alternative GR lifestyle. It can help you create a happy home, one which both looks and feels good and complements its surroundings. You can use it step-wise, a little at a time, to uplift existing homes and properties. Later articles in this series will explore these and related topics.

If quality of life is intimately related to the environment we live in, think about the unlimited potential in creating your own living places from scratch. Acting consciously throughout can make the difference between getting what you want and getting what you don't want.

WHAT IS FENG SHUI

Feng Shui (often pronounced Foong Sway) literally means wind and water. It alludes to the way subtle life forces, known as Ch'i, flow around the earth, through our landscapes, buildings and bodies. Like wind and water, Ch'i can meander gently and smoothly or be torrential, turbulent and destructive.

Having good Feng Shui in your life is said to bring harmony, balance, health and abundance. It does this by encouraging the gentle flow and accumulation of beneficial sheng-ch'i around our places, allowing us to breathe in the life-giving forces.

If you wonder how you can harvest more breath of life for yourself, think of your home site as a collector of energy. The time-honoured ideal is armchair shaped, just like the permaculture suntrap. There is a pleasant space before you and the landform (be it natural, built or planted) embraces you, supporting your back and sides.

The trap is set, but what will it catch? Imagine walking in your neighbourhood. You see the lay of the land and sense the currents of energy approaching. Is everything pleasant and in harmony? Or are there areas of linearity, raped land, excessive business or waste? Are there any blockages or constrictions, steep slopes, overwhelming features, or inharmonious structures? These can degrade and accelerate the flow which will naturally impact on your frontage. Energy arrows pointing at your home from a 'T' intersection or cul-de-sac are worst. It is important to reflect or transmute this noxious sha-ch'i.

Notice your entryway from the road. Is it attractive, welcoming, encouraging you to enter? Is it easily passed by or blocked by power poles. This is where your ch'i comes in. If all is well, open those embracing arms to receive!

Now approach your home as if you are visiting for the very first time. Are the driveway and paths curving and encouraging? Is there a steep climb against you? Do paths and driveways bypass the house or lead you straight to greedy garage doors? Does the house proudly fit in with the landscape and neighbouring buildings?

Is your front door beckoning or blocked by obstacles such as trees or pillars? Imagine yourself flowing in the front door, the mouth of ch'i. Is there a whoosh of energy rushing straight through, or do blockages and clutter impede progress? Can you meander gently through from room to room? Do the doors open with the flow? Does the ch'i seep slowly from windows, or is it drained by excess glass?

So many questions! Your main goal is to transport beneficial breaths of life into the lungs of your home, unharmed. You have probably experienced places

is to transport beneficial breaths of life into the lungs of your home, unharmed. You have probably experienced places that were good to be in, and others that felt bad, places you couldn't wait to leave. What works for one may not work for others. Your own intuition is the most powerful tool you could have to create good Feng Shui. If it feels good do it!

TOOLS & PROBLEM SOLVING

Other Feng Shui tools include sound, colour and movement; form, mass and shape; light and reflection; symbols, handmade or special objects; living things like trees, plants or animals (wild or kept), compost heaps or worm farms; and even electrical equipment. The clichéd Feng Shui windchimes and mirror are merely applications of these tools.

Anything can be used symbolically to great effect. Each time you pass a symbol of your intention, that intention is reinforced. Problems can be seen as symbolic too. Are you surprised I felt isolated looking at a distant view? Of course everything got on top of me there, the house was at the lowest point of the property.

One family's life was full of unfinished projects. They were living in a half-built house! Problems are easy to fix on a symbolic level. Oil those squeaky hinges, clear out the hallway, fix the dripping tap, install a composting toilet.

Feng Shui is about finding balance. This means cures often encapsulate opposite qualities to the problem. For example, bamboo mitigates heaviness (sha-ch'i) from a cutting or embankment. Or problems can be harnessed to feed desirable complementary features, for example the woody nature of a pole house grows strong in watery surroundings.

WHAT YOU CAN DO

With Feng Shui in mind you can touch up your existing home bit by bit to uplift your life. Or your whole property can be designed using its principles. Remember as you develop your site, that it is possible to weave dreams for your ideal future in with every brick, every stone, every plant. Anchor intention every step of the way and manifest what you want in life!

Feng Shui involves sharing and benevolence; bringing you right livelihood, harmonious enterprise and project acceleration. Whichever way you go, with this kind of support behind you, you can win more in life, achieve goals faster, tackle tough projects and make more of a difference in the world.

Salli Ramsden is a practising design consultant throughout Eastern Australia and the Pacific. Her work in healing design brings together fields including Feng Shui, geomancy, building biology with healing modalities. If you would like to share your story, air your problems or enquire about private consultation, please contact her by fax or email. Fax:07-3372-2289. Email: salliramsden@hotmail.com Alternatively write to her c/- 30 Gemini St, Inala 4077. Ph: 07-3372-2288.

Next time, some practical solutions to garden/property problems.

THE AUSTRALIAN FAMILY

Twenty museums have come together to display the multiplicity of possibilities that lie at the heart of that most intimate of relationships – the family.

At a time in our history when conservative forces such as One Nation bemoan the collapse of the 'traditional' mum-and-dad-two-kids-and-a-dog type family, the Australian Family exhibitions serve as a timely reminder of the astonishing variety of Australian families, past and present.

In a unique enterprise, the 14 metropolitan and six regional museums have each selected an aspect of the Australian family which fits within their charter or reflects their region.

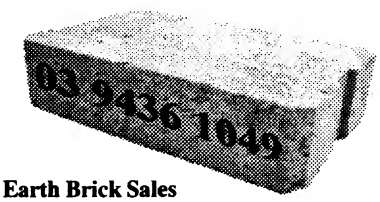
Whether recording the lives of Italian, Jewish or Chinese families, the remarkable persistence of Koorie culture, or the legacies of the landed gentry, the Australian Family promises to eloquently express our cultural pluralism.

As part of the project, a series of specially commissioned essays and accompanying full colour illustrations will form the substance of a superb large format book *The Australian Family – Images and Essays.* Historian Mark Peel notes: 'Families are displayed here in their ceremonies and their continuities, in their collaborations and sometimes their conflicts, as they stand together and as they stand apart.'

For information contact: Anna Epstein, 03-9534-0082

AMCER

IF THERE WAS AN AUSTRALIAN STANDARD FOR EARTH BRICKS THIS COULD BE IT !



Earth Brick Sales
Earth Brick Laying Supplies
Earth Brick Making Equipment
Earth Building Design & Consultation
Amcer Pty Ltd (A.C.N. 006 368 216)
223 YAN YEAN ROAD, PLENTY 3190

GRIMES & SONS

MANUFACTURERS AND SUPPLIERS OF THE HIGHEST QUALITY STAINS AND FINISHES FOR TIMBER & MUDBRICK.

- Mudbrick colourcoats and Clear Dust Proofers
- Silicone and oil base water repellents.
- Oil varnish and polyurethane.
- Bees wax polish, shellac and restoring oil.
- Woodstains and timber preservatives.
- Stock and specialised colours.

Factory showroom...
1/1635 Main Road, Research Vic 3095
Ph: (03) 9437 0733 Fax: (03) 9437 0822

HOT DRUM



Slow combustion wood heating

Domestic Industrial & Agricultural applications

Ready-mades and kits

Send 45 c stamp for free 'Hot Drum News'
Information on water heating and fireplace conversions
PO Box 3G, Maleny 4552.
Ph: 07 5494 2496

FROM FASHION TO FARMING

GROWING ORGANIC LAVENDER

by Julie Doyle, Manawatu, NZ.

Sandra Farrier dreamed of making the big time in the clothing fashion industry. She had worked her way up from the bottom. Leaving school at 15 because the family couldn't afford a college education for her, she started out as a factory machinist. Before long, her creative talents found an outlet in designing garments and she put in countless hours and effort as she forged her way ahead. She was making plans to travel to the fashion capitals of the world until she met Andy, a Manawatu dairy farm worker.

Sandra is the founder of Glen Oroua Lavenders, one of a growing number of organic lavender farms in New Zealand, but her strength is more than this. She is a true *Grass Roots* ambassador, baking the family bread, making their clothes, growing herbs and vegetables. An innovator, she makes do with what is available and makes the best of what she has. Recycling, composting and ingenuity are a way of life.

Sandra's connection with soil dates from childhood. She grew up within the horticultural industry and her parents currently own a 50 acre macadamia nut farm at Gunalda, near Gympie in Queensland. The brief foray into the clothing trade served to develop her talents and show her another side of life, a side she came to realise she did not want, but which enabled her to expand her horizons.

A couple of years ago, the Farriers came into an inheritance which helped them purchase a nine-acre plot adjoining the farm Andy manages for his brother. Sandra was determined to make good use of the land and trialled various crops before she decided that lavender was the best. She has more than made up for leaving school early by hounding libraries, magazines and interest groups for the information she needs to educate herself.

Sandra's decision to grow organic lavender steered her into worm farming.



Sandra taking a break on a rustic garden seat made by Andy. In the foreground is the medicinal herb garden

The land she and Andy bought had a disused piggery which was converted into a wormery.

As her plans blossomed she knew what lay ahead. 'The business side is scary,' she confides. 'But if you want it to be more than a hobby, you have to learn that side as well.'

The new businesswoman couldn't afford to take the 'Be Your Own Boss' course offered by the local business development board, so she hunted

through the library and sourced the course and put herself through the assignments.

All the marketing talks she has attended through the organisations she has joined say the same thing, Sandra asserts. One motivator put it in layperson's terms. 'The push-pull method of selling involves taking your product and pushing it out into the garden centres, which, in turn, pull the people to them to buy your product.' Of course, you are then competing with established markets. 'The pull method is where you stay where you are and pull them to you.' Sandra chose the latter approach.

By Easter 1998 Sandra was confident enough with her small business to have an open day. She decided she would only advertise in the neighbourhood monthly newspaper and prepared to meet the demand of the local market.

On display were the lavender beds, medicinal herb garden and worm farm. Herbs were potted up for sale, along with herb crafts and herbal creams, vermicast, potting and seed-raising mix made from worm products. Herb scones and herbal teas were available for all to sample.

Sandra was delighted with the response to her open day and learned for future openings how best to present products, what assistance she requires and when to aim peak production for.

Although Sandra is primarily a grower she diversifies her operation enough to allow for market fluctuations. She is also aware of the necessity to add value to her product. Lavender alone cannot guarantee an income. She adds value by having the lavender distilled into oil and lavender water and making herbal creams and lotions.

Sandra has high praise for the therapeutic qualities of lavender. She



English lavender

trials everything she makes and ensures everything she sells is of premium quality and effectiveness.

Sandra has been trialling potting mixes for several seasons. All are based on vermicast with varying proportions of dolomite, comfrey, blood and bone. She is encouraged by the results that confirm that the vermicast base is a winner as a growing medium. Always determined to go the extra mile to ensure the superiority of her products, Sandra keeps her potting and seed-raising mixtures moist and warns people to always open the bags away from their faces to avoid any danger of Legionaire's disease. Sandra has researched this topic with characteristic thoroughness and has learned that although Legionaires disease can be contracted from any type of soil, the common denominator is dryness.

Sandra read in a British publication about calcified seaweed providing trace elements and is keen to source a local supply. If it is available I have no doubt whatsoever that Sandra will track it down. If all else fails she will find a way to import the substance, or, quite likely, make it herself.

This lady doesn't content herself with mere dreams. She is focussed only on objectives. She visualises and works out ways to transform her visions into reality. Her latest project is to set up a replica 14th century still. She has the basic materials and a willing inventor-associate primed to set up the still. All it wants is the time put aside and the work undertaken. The still will show visitors the process of producing lavender oil. Another 'pull' for her enterprise.

Who would be surprised to know that Sandra is the secretary of the NZ Lavender Oil Producers Association? She also belongs to the Koanga Gardens Trust which has been collecting and growing heirloom fruit trees, vegetables and flowers for 15 years.

In fact, Koanga Gardens have recently entrusted Sandra with caring for their heritage raspberries and gooseberries. She now adds Herblink to her list of credits. Or should I say Herblink has added Sandra Farrier to their list of credits.

HEALTH

STRESS REDUCING BANANAS

Vitamin B6 is vital for a healthy nervous system and bananas are laden with it, so gobble up!

CALCULATING FAT INTAKE

The World Health Organisation's report, *Diet, Nutrition and the Prevention of Chronic Diseases* (1990), suggests that total fat intake should be in the range of 15 - 30% of total energy, saturated fat 0 - 10% and polyunsaturated fats 3 - 7% of total energy, and that people shouldn't eat more than 300 mg of cholesterol per day.

Australian Correspondence Schools (Est. 1979)
OVER 270 DIFFERENT COURSES

- Aromatherapy
- Alternative Energy
- Self Sufficiency
- Organic Growing
- Permaculture
- Horticulture
- Herb Culture
- Health & Fitness
- Human Nutrition
- Healthy Buildings
- B & B Management
- Aquaculture
- Nuts & Berries
- Mushrooms
- Pet Care
- Horse Care
- Crops

. . . for Hobby or Career!

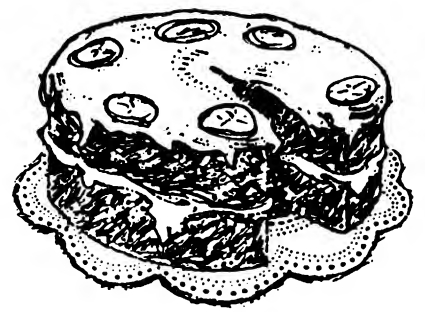
P.O. Box 2092, Nerang East, Qld 4211. **Ph: (07) 5530 4855**
264 Swansea Rd, Lilydale, Vic. 3140. **Ph: (03) 9736 1882**
Email admin@acs.edu.au Website http://www.acs.edu.au

Kinnaird Dexter Stud

As a foundation stud of the ADA, we have been breeding Dexters for over 11 years. We have quality grade stock from Angus foundations & Pure Bred Dexters available. We offer clients confidence by conforming to a Code of Practice that provides a total history of husbandry and registration status for all our Dexters. Commercial Dexters also available.
Situated at Lara near Geelong, we welcome enquiries and inspection of our herd.

Peter and Lorraine Little
Blairs Rd, Lara. VIC. 3212
Ph: (03) 5282 1459
Fax: (03) 5282 1205

EAT YOUR CAKE AND FROSTING TOO



Elizabeth Pickering's letter in GR 127 requesting a recipe for the frosting to use on carrot cake really struck a cord with GR cooks throughout Australia. As Elizabeth forgot to include her address on the letter, all the replies have come to us. We've had recipes sent from every state except SA, even one from Darwin. Amazingly enough, they are not all the same; there are almost as many variations as there were letters. Many respondents included several different recipes, and some even sent recipes for the cakes to spread the frostings on.

We thought such generosity needed to be shared more widely, so have selected just a few recipes for you to try. Grateful thanks to everyone who took the trouble to reply to Elizabeth's request, including those whose recipes do not appear here—there were just too many.

READERS' RECIPES

Lemon Frosting

200 g packaged cream cheese
1½ tsp grated lemon rind
½ cup (80 g) icing sugar mixture
3 tsp lemon juice

Beat softened cheese and rind in a small electric mixer until light and fluffy. Gradually add in the sifted icing sugar and juice and beat until smooth.

Ruth Ogilvie

Orange Frosting

250 g cream cheese
2 cups icing sugar
½ tsp finely grated orange rind
1 tsp vanilla essence
1 tsp orange juice

Beat cream cheese until softened, add all other ingredients and beat until mixture is smooth and creamy. If frosting is too dry add a little extra orange juice.

Vicki D

Basic Frosting

2 cups icing sugar
125 g Philadelphia cheese
approx 1 tbsp milk

Mix ingredients and spread over the cake. Sprinkle cinnamon on top.

Joanne Agostinelli

Waldorf Astoria Cake

1 cup sugar
3 eggs
1 cup safflower oil
1½ cups plain flour
½ cup chopped walnuts
1 tsp bicarb soda
2 tsp cinnamon
2 cups grated raw carrot
pinch salt
1½ tsp baking powder

Beat sugar, oil and eggs for five minutes. Sift flour, baking powder, salt, cinnamon and bicarb soda and add to mixture. Lastly, fold in (do not beat) grated carrots and nuts.

Bake in a well greased 20 cm tin (which has been lined) at 150°C (electric) for one hour. Check with skewer, you may have to allow an extra ten minutes.

When cool, ice with cream cheese frosting. Best kept in covered container in fridge.

Angela Adams

Hummingbird Cake

1½ cups plain flour
1 cup castor sugar
½ tsp ground cinnamon
½ tsp bicarb of soda
3 eggs, lightly beaten
¾ cup oil
¾ cup chopped pecans or walnuts
2 cups mashed over-ripe bananas
½ cup undrained crushed pineapple in heavy syrup

Lightly grease 23 cm square slab pan, line base with paper, grease paper. Sift flour, sugar, cinnamon and soda into large bowl. Stir in eggs, oil, nuts, banana and pineapple; stir until just combined. Pour mixture into prepared pan, bake in moderate oven (180 - 200°C) for about one hour. Stand cake ten minutes before turning onto wire rack to cool. Spread cold cake with cream cheese frosting.

Cream Cheese Frosting

60 g packaged cream cheese, softened
30 g butter
1 tsp vanilla essence
1½ cups icing sugar

Beat cream cheese, butter and essence in small bowl with electric mixer until light and fluffy; gradually beat in icing sugar.

Jenny Smith

BAKING CLEAN-UP

After baking, rinse floury bowls, boards and implements in cold water first. Hot water cooks the flour, making it more difficult to remove.

Australian Herb Society



NATURA ARTIS MAGISTRA

Join Australia's most educational garden society.

Quarterly magazine, free seedbank, tape library, childrens club.

Practical workshops.

PO Box 110, Mapleton Q 4560

CAMEL CARAVAN

by Rick Hall, Alice Springs, NT.

I have been an occasional reader of GR for about 20 years and have been continually inspired by your contributors to seek sustainable alternatives to my own life. Here is some of the story of my own journey towards a viable future.

I was a sixty's child raised in Central Australia. My multi-skilled father took our family throughout the region both with his work and on exploratory vacations. At this time many cattle properties were still developing and the country was proving resilient enough to sustain huge populations of wildlife. My early memories are of waterholes filled with the noise and colour of abundant and diverse birds. Kangaroos travelled in large mobs on the plains and the more unusual animals such as echidnas were still frequently sighted.

Our family moved south to 'settled' regions for a time and I wasn't to return to the Centre until the eighties as a labourer assisting contractors building a cattle trucking yard. We were working on a property I had lived on as a child and the differences were immediately apparent. From the rich bushland I had left, desolation confronted me. Almost no vegetative understorey remained, the large kangaroo herds had disappeared and waterholes were eerily quiet. I later heard that 10,000 head of beef cattle were trucked away from those yards I had helped build in their first year of use, just one watering point of about twenty on a property of nearly 3000 square kilometres which ran a total of 3000 head in the sixties.

Working through a series of occupations and properties I saw the pattern repeated often. As helicopters took on mustering duties we saw piles of dead cattle near huge bulldust holes where portable steel yards were used and roads were chewed into hundreds of kilometres of bulldust valleys under thousands of tonnes of cattle trucks.

I soon left these disconcerting scenes for an Aboriginal desert 'homeland'. My job was to assist community 'development' and we looked there to the scattered herds of wild camels for enterprise potential. In that vast waterless land large nomadic herds thrived, piquing my interest to explore their potential.

Throughout the nineties I pursued this interest, counting desert populations, observing herd environmental interaction, slaughtering beasts for community consumption, and finally training and living with a team, solo trekking several thousand kilometres through arid lands.

I am now convinced of the camel's potential to not only sustainably replace most inland beef enterprises, but also provide a viable existence for nomadic communities through presently unoccupied regions. As such, I would like to begin corresponding with others who might be interested in participating in a trial caravan using a team approach to study opportunities and create community.

Interested persons can contact Rick Hall at 7 Kekwick Ave, Alice Springs, NT, 0870. Ph: 0147-875-742, or 08-8952-1403.

STUDY NATURAL THERAPIES
ANYWHERE IN THE WORLD

NATIONAL & INTERNATIONAL SPECIALISTS IN:
- DISTANCE EDUCATION-OPEN LEARNING-

Certificate III to Advanced Diploma of Applied Science in:

- Naturopathy
- Homoeopathy
- Nutrition
- Herbalism
- Body Therapies
- Natural Therapy Applications

Many other Courses available

VETEC Recognised Training

INSTITUTE OF NATURAL SCIENCE Australia

The Queensland Institute of Natural Science has been **operating for over 30 years with students in over 30 countries**, and is well experienced in the needs for distance education offering a wide range of Practitioner & General Interest courses

☑ ATMS Accredited
☑ Austudy Approved

UNE University of New England

Post this coupon today to the:
QLD Institute of Natural Science
PO Box 5608
MAROOCHYDORE BC QLD 4558
or Freecall: 1800 072 050 or
Student admin on: 07 5442 9377
<info@qins.edu.au>

Yes! Please send obligation free details of your Natural Therapy courses **GR10/98**

Name:
Address:
Postcode:

HOME GARDENERS
Now available
FREE CATALOGUE
HEIRLOOM VARIETIES
Also subscription to next year's catalogue $7 - including three packets of endangered vegetables seed (sent in Spring 1999)
EDEN SEEDS
M.S. 316. GYMPIE 4570
Ph. 07 5486 5230
Fax: 07 5486 5586
Our seed has no chemical treatment.
Yes! we also buy seed

A PATCHWORK CHRISTMAS

by Pamela Odijk, photographs by Herman Odijk, Bribie Island, Qld.

Spectacular Christmas gifts can be made quite inexpensively, with most of the items you need being right there in your sewing cupboard. All that is needed is a little time to create something new, different and useful, and something that can be used over and over again. Each Christmas when the gifts are used, people will remember who created and gave them.



The Seminole patchwork inlay on the tablecloth adds a distinctive touch to the festive board.

CHRISTMAS TABLECLOTH

This time I'll show you how to make a festive tablecloth using the simplest of Seminole Patchwork techniques. It is quick and easy to learn, is aesthetically pleasing, and enables you to make optimum use of small strips of fabric.

The technique lends itself to some very interesting designs. The Seminole strip can be placed in a large square or rectangle in the centre of the tablecloth, or/and it can be repeated as a border design, or used as strips up and down the length and breadth of the cloth.

SEMINOLE PATCHWORK

This patchwork technique had its origin at the time of white colonisation of North America, which was also a time of great upheaval for the American Indians who were continually being forced to move from their traditional areas. Many tribes, including the Seminole, moved into northern Florida, the former territory of the Apalachee and Timucua. The name 'Seminole', which dates from about 1775, has been given various meanings including 'runaway' and 'pioneer', and is thought to have derived from the Spanish *cimarron*, meaning 'wild'. The Seminole were also joined by runaway slaves, both Indian and Negro, and others who also needed to flee from the power struggles between the whites and the Indians.

The Seminole decorated their clothing with brightly coloured strips of cloth, in imitation of the brocaded materials worn by the Spanish. About the beginning of the 20th century traders supplied the Seminole with hand-cranked sewing machines and with these they extended their creative needlework techniques to develop a particular kind of patchwork that has become known as Seminole patchwork.

It differs from other patchwork in that it eliminates the need for templates. The technique consists of sewing fabric strips together, cutting the strips into sections, then sewing these sections together again in different combinations. (The diagrams show some possibilities.) This means that no small pieces ever need to be sewn, even though the final result may be composed of very tiny patches. It also means that the work must be done on a sewing machine.

This technique does not have a long history, nor do the designs have any deep philosophical or cultural meaning, in fact most of the resulting designs have not even been named, unlike other kinds of patchwork. While almost any kind of fabric or design can be used, beginners should work in contrasting solid colours.

USING STRIPPING

If using as strips up and down the tablecloth, measure the desired width and length of the cloth, subtract the combined width of the strips and then cut the main coloured material for the cloth in equal width strips and interspace with the Seminole patchwork strips. Remember to make approximately one centimetre allowance for seams. In this case it is easier to insert the lengthwise strips first. Then measure the length and divide this into quarters or thirds (or whatever sized sections are desired) and cut the tablecloth completely across at these measurements.

Next, insert the crosswise Seminole strips. If you are intending to do this lengthwise and use crosswise stripping, remember that it takes a large quantity of Seminole stripping.

TABLECLOTH INSTRUCTIONS

Materials

The following materials will make a tablecloth measuring 177.5 cm long x 124.5 cm wide plus 4-6 serviettes.

3.5 metres of main colour (115 cm wide)

1 metre of contrast (Christmas print or other)

Small quantity of another contrasting material for stripping if this is needed. This depends on the design chosen for the Seminole stripping.

Method

This method makes a Christmas cloth similar to the one in the photograph.

Tear 12 x 5 cm strips across the grain of the main colour and press.

Tear 9 x 5 cm strips across the grain of the contrast (Christmas print), plus second contrast if needed, and press.

Construct the patchwork stripping with central diamonds, surrounding triangles, plus attached side strips as shown in the Seminole construction diagrams. Alternatively, you might decide to make a different stripping design, although the basic diamonds and triangles is the easiest. If constructing this design using 5 cm strips, the finished sewn Seminole strip with side strips attached should measure approximately 12.75 cm wide. Press the strips.

Next, cut the central rectangle of the tablecloth from the main colour to measure 84 cm x 40.5 cm, plus 1.25 cm allowance for seams.

Attach Seminole stripping, in this case, along the short sides first, then along the longer sides. Press.

Next, make two strips of the main tablecloth colour for the shorter sides of the tablecloth. These should measure approximately 35.5 cm x length of the short side (approximately 69 cm). The easiest way to make these is to tear the longest of the measurements across the fabric (grain) and then trim the width to ensure that measurements are exact.

Next, make strips of the main tablecloth colour for the longest sides in the same way. These should measure about 35.5 cm x length of these sides. Press.

Now hem around the four sides of the tablecloth using a rolled hem, scalloped edge etc.

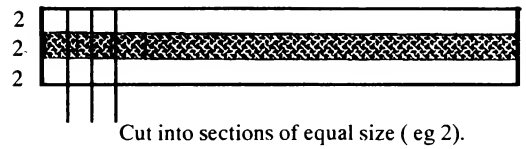
Serviettes can be made from the pieces left over from the main colour. Practical serviettes should measure about 38 x 33 cm. Hem around all sides in similar manner to the tablecloth. Press.

MATCHING GREETING CARD

If you wish, you can incorporate some of the leftover stripping into the serviettes, or cover the outside of folded cardboard to make a matching greeting card. Attach the stripping with craft glue and trim to the edge of the card when the glue is completely dry. Add a bow or other decoration if desired.

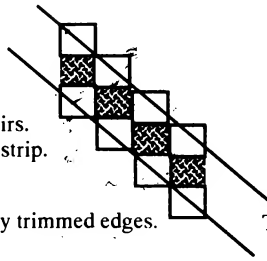
In the next issue I'll show how you can use the same technique to make more crafty Christmas decorations/gifts.

Seminole Patchwork examples



Cut 3 strips of equal width all the same length. Sew together then press.

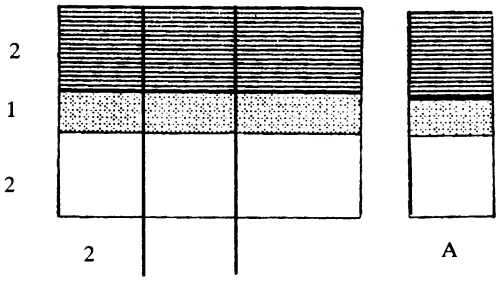
Cut into sections of equal size (eg 2).



Sew sections together in pairs.
Sew pairs together to make a strip.

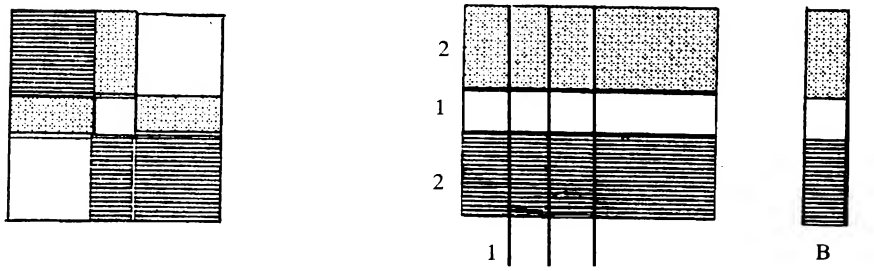
Sew strips either side along the newly trimmed edges.

Trim edges

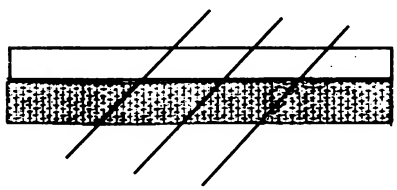


Left: For A, sew 3 strips together in ratio 2:1:2 and cut apart width 2.

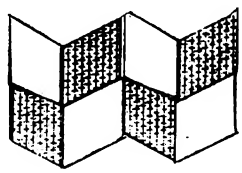
Below: For B, sew 3 strips in opposite order in ratio 2:1:2 and cut apart width 1.



Arrange sections in order A,B, then A placed upside down and sew together inserting B between each block.



For a mirror image design, fold pieced strip in half, then cut into angled parts.



Parts will be facing in opposite directions. Sew together, alternating colours for a 3-D effect.



DARLING DOWNS HATCHERY

42 different breeds of chickens, ducks, quail & pheasants

Delivery available

Send business sized SAE for free stock & price list.

Stephen & Tania Petersen

PO Box 1184, Toowoomba, Qld 4350.

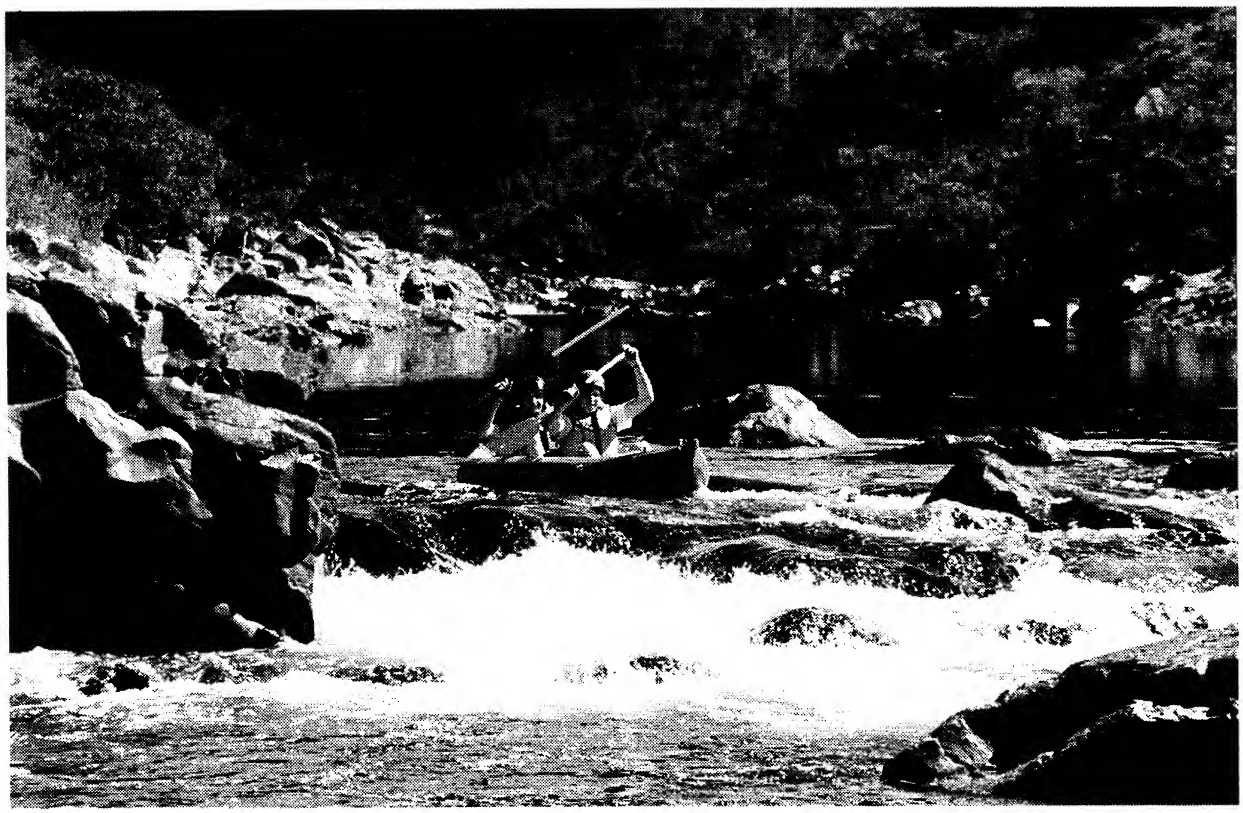
Ph: 07-4632-1712 or fax: 07-4632-0730 all hours.



DREAMWORLD VERSUS THE REAL WORLD

Self Esteem and Family Outings

by Heather Kozak, Dellicknora, Vic.



Civilised people have replaced the risk and achievement of survival with placebo thrills such as the elaborate white-knuckle terror rides of theme parks. Consider the financial outlay involved in transporting a family to the theme park, entry fees, ride tickets, food and drink and souvenirs. Consider the emotional outlay of battling crowds, stewing in long queues, ingesting fat and sugar-laden snack food and bickering over which of the multitude of glitzy attractions to patronise next.

Now consider what the family takes away with them: some tacky merchandising and one short day of homogenised adrenalin. Was anybody's life changed? Did anyone experience the satisfaction of self-discovery? How were everyone's bonds strengthened? Will the children have improved self-concepts? If the answers to these questions are negative, we may well wonder what the point of spending all that money was.

For the same cost, an experience of lasting value may be purchased. A day spent hot-air ballooning, abseiling, or white-water rafting comes at the same price, but with real adventures, risks and excitement. Well-run establishments have excellent safety precautions and experienced staff, as do the theme parks.

All we have to do on the roller coaster is strap ourselves in. During abseiling, for example, we conquer fear, use our judgement to make decisions about the path chosen, descent speed and points of balance, and feel the heady success of mastering a unique skill. All the senses are engaged and heightened, and a common bond is established between family members as they confront individual strengths and weaknesses.

The quality of entertainment and stimulation gleaned from Movieworld could be simulated much more cheaply by allowing children to jump wildly on the bed while watching videos. Is this banal image comparable to the animated face of your timid youngest child raising their paddle in triumph as your raft bucks over the last rapids? Or a group of individuals all rapt in an aerial landscape few get to see, and fewer get to share?

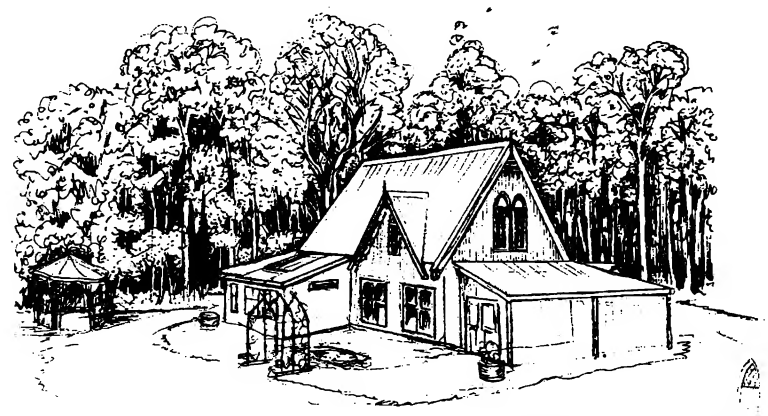
My family embarked on a rafting trip along the majestic Snowy River, slowly dying through lack of flow, having been diverted for the Snowy River power scheme. We drifted gently past river banks inaccessible to anything but river craft, spotting sea eagles and goannas. Then we shared fear as we approached foaming rapids, clinging onto our paddles as we entered the maelstrom of white water, up to our waists in water and spray.

The exhilaration we felt as the rapid spat our raft out at the other end was powerful and exciting. We had faced our fear and conquered it together. I could see our family ties strengthening as our children discovered hidden reserves they didn't know they had. They became very responsible, being first out of the raft to beach it and unloading with enthusiasm. We were sharing a common bond that hadn't been 'dumbed down' by cartoons and commercialism, just us and the river.

TAPPING LOCAL RESOURCES

by John Morgan, Musk, Vic.

Woodrising is our solar-efficient home on 20 acres near Musk, in the forests of the Victorian Central Highlands. It is a reverse-masonry, veneer, attic-style dwelling. The internal masonry maintains a comfortable living regime all year round and the external (vertical) board and batten cladding, from local hardwood, allows the building to blend into the forest backdrop. The external timber was left untreated and soon aged to match the local bush to which it belongs.



Sketch by Marlene Bonnici

The whole thing was conceived on the basis of an integrated sustainable lifestyle where we aim to tap into nature's locally available resources. Our energy requirements are met by direct solar gain for space heating and domestic hot water, solar radiation and hydro power for electricity as and when these are available, and water supply from a permanent fresh water spring. Hydro electricity is most plentiful in winter and spring when solar radiation is at a minimum so normally there is no shortage of electricity, indeed, there is sometimes an excess in the wet season so we can use the waste electricity to boost the hot water supply.

This area is also quite windy for much of the year and the potential for wind energy as an additional resource was researched, but found not to be viable as the dense bush around us causes considerable turbulence. The occasional onset of rough weather generally results in the collapse of two or three large trees each year, so we are able to tap into this source of 'congealed' solar energy to use in the cooker (which also heats water) or the solid fuel heater.

Fresh water from the spring is pumped automatically to a header tank whenever the sun is out to activate a small solar pump.

We first started making direct use of renewable energy resources back in 1978 and in the years since then we have successfully enjoyed and demonstrated the lifestyle advantages of living in harmony with nature.

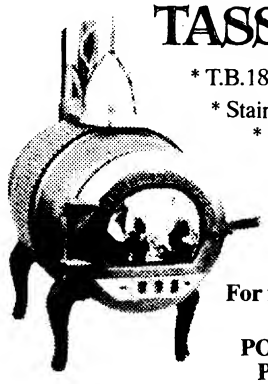
The local native animals seem to have accepted us into their domain and we all get along rather well. The eastern grey kangaroos seem to travel in family groups when grazing around the area, although the swamp wallabies come and go as individuals. Koalas are often difficult to see in this sort of bush, but they can often enough be heard, especially if there is an altercation going on in the family. Perhaps the bird life gives us the greatest pleasure. There are many local species and they are happy to come around and share all sorts of things. Even the frogs keep us amused.

Our home is a terrific example of sustainable living which shows that living with renewable energy need not mean shivering in the dark! If you wish, come and see the property first-hand on Saturday 14th and Sunday 15th November when it will become the site of a Renewable Energy and Sustainable Living Fair being organised by Going Solar.

For tickets and more details on the Fair, call Going Solar on 03-9328-4123.

PLANT REFRESHMENTS

Empty your tea and coffee pot leftovers into flower pots and watch plants thrive.



TASSIE BARREL

* T.B.18 Slow Combustion Woodheater
* Stainless Steel Barrel (5yr warranty)
* 95% recycled material
* Efficient and durable
* Brass Fittings

Freight $100
Home delivered to most areas

For free brochure send SSAE to:
TASSIE BARRELS
PO Box 87, Railton. Tas. 7305
Ph: 03 6496 1589 all hours

SOLAR FOOD DEHYDRATOR

*Using the **Solar Safe** you can harness free energy from the sun to preserve food naturally without using chemicals, sugar or salt. Enjoy a supply of homemade, natural, healthy food all year round. The **Solar Safe** is rain & insect proof, simple to use& has no running costs.*



Write for our free brochure to
John or Sharron at:

SOLAR SAFE
RMB 2317, EUROA 3666.
(03) 5790-4329
Patent Pending No. PN0137

Recycling Your Junk Mail

by Tony Camilleri, Casuarina, NT.

I'd placed the 'No Junk Mail' sign on the letter box and sent the dog out to chase away the delivery person, but the junk mail kept on piling up. Being an environmentally concerned person, I didn't want to throw it in the garbage. Stuck with this huge pile of scrap paper I had no option. Why not recycle ?

COLLECTING THE PAPER

The first step in recycling the junk mail was, naturally, to collect it. I keep my paper in three separate boxes, trying to keep similar colours together. I have one box for white paper, another for light coloured paper and a third for dark colours. This is important to ensure the finished product is one consistent colour.

The type of paper which can be used in the recycling process is newspaper and any other scrap paper that appears in your letter box, including envelopes. Glossy paper cannot be used but may go into garden mulch, preferably in non-food producing areas.

Newspaper alone cannot be used in your pulp, because of its poor quality and excessive amount of print, which tends to seep into the paper.

While you are collecting the paper to use, it is a good time to make the mould and deckle and paper press you'll need later on.

THE MOULD AND DECKLE

Materials

18 mm square pinewood or nearest size (about 2 metres)

5 mm diameter round dowelling, wood or metal (about 70 mm long)

flywire cut to size (375 x 290 mm)

18 x 5 mm pinewood (about 1.2 m) nails

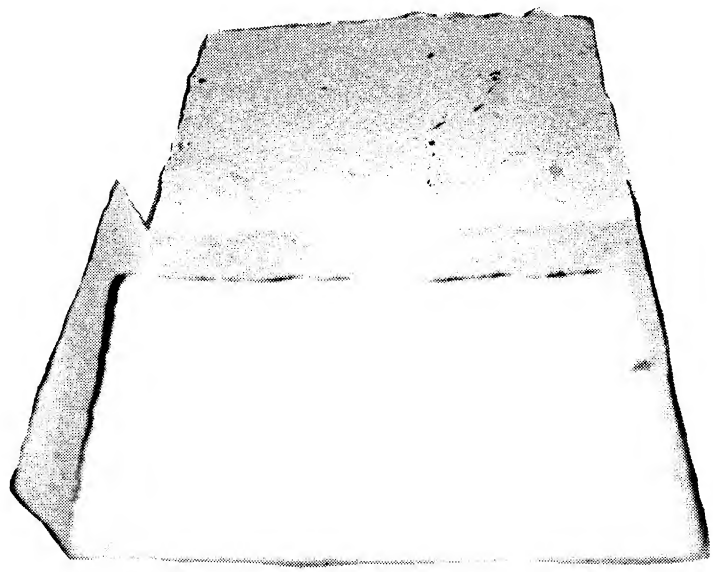
Method

Construct two frames as per figure 1. Note that one frame has locating pins that are 20 mm long and the second frame will have the locating holes to suit.

Place flywire over the frame with the locating holes as per figure 2.

Attach the flywire to the frame by nailing a second piece of wood to the frame as shown in figure 2.

The mould and deckle are now complete.



A handmade envelope – the result of recycling newspapers and junk mail.

Mould and Deckle

Figure 1: Frame

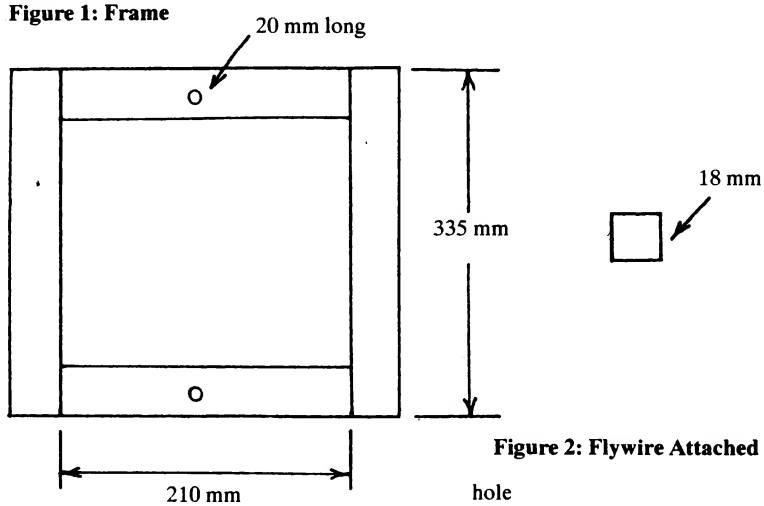
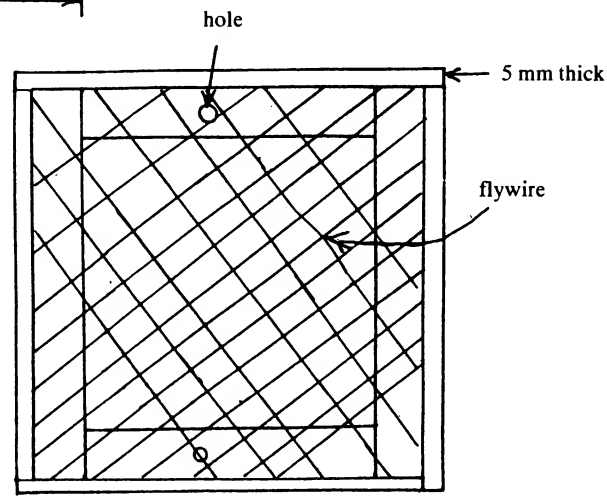


Figure 2: Flywire Attached



THE PAPER PRESS

Materials

2 sheets of preferably laminated pinewood (350 x 300 x 8 mm)

4 bolts with wing nuts to suit 8 mm holes

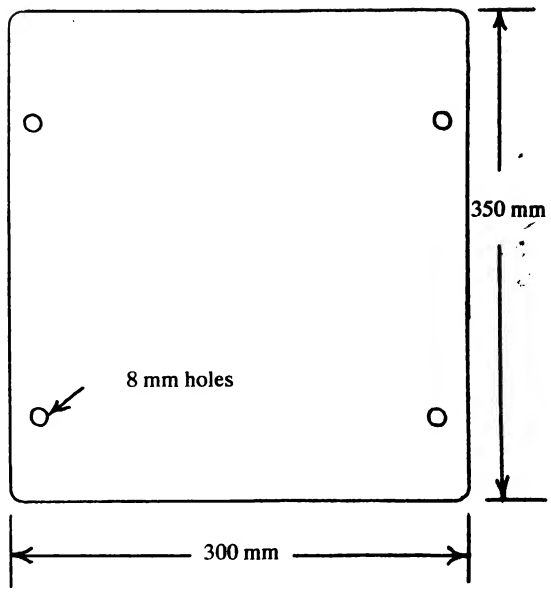
Instructions

Cut two sheets of wood to size as per figure 3.

Drill four holes

File corners to round off.

Figure 3: Paper Press



HANDMADE PAPER

Tools and Materials Required

household bucket

large sponge

large plastic container

household blender

sheets of material cut to A4 size (calico or cotton)

mould and deckle

paper press

Most of the items required in making recycled paper are readily available at your local hardware store. The mould and deckle and paper press are available at an Australian Geographic or some craft stores.

Before beginning, consider what you would prefer the finished product to be like. If you require light coloured paper, then use the box with the appropriate coloured paper. Otherwise, you may want to mix and match colours to achieve your desired result.

Getting Started

As a general rule, I use $^1/_3$ newspaper and $^2/_3$ other paper. Once I've collected enough paper, I can begin the recycling process. All the paper is torn into small pieces. This must be completed by hand in order to expose the fibres along the edges.

Once the paper is torn, it can be placed into a bucket of water to soak for 24 hours. While the paper is soaking in the bucket is an opportune time to consider the outcome of your paper. You may want to consider the texture and colour of the finished product.

After soaking for 24 hours, the pulp will be a neutral colour. This is the time that you may need to add extra colour. I have found that using a dash of watercolour paint, food colouring, or even a few strips of coloured crepe paper will be quite effective in adding colour. After adding the colour, you must let it sit for a few more hours and allow the colouring to blend into the pulp.

The Blending

Once the pulp has an even colour, the next step is the blending process. Scoop out the soaked paper and place it into the blender. You must use one cup of water for every cup of soaked paper. This is a time when you can control the texture of the paper. The longer you blend it, the smoother the finished paper will be remembering that if you don't blend it enough the finished pulp will not bind.

Another option, for a paper with a rustic or rough look, is to add a lightly blended pulp with the smooth pulp. This stage is open to experimentation.

The Plastic Tub

The blended pulp is then placed into the large plastic tub.

Place approximately five handfuls of pulp into the tub. Add about five litres of water to the pulp, ensuring that there is at least a 10 centimetre depth of the combined mixture.

At this point a decision must be made about the thickness of paper. To produce thin paper, more water and less pulp is required. Thick paper requires more pulp. Once more, an element of experimentation is required to produce the ideal thickness of paper or cardboard.

Quickly mix the ingredients with your hands to give the desired consistency.

The Mould and Deckle

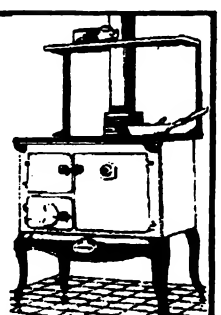
Place your mould and deckle into the pulp at a 45 degree angle and slowly level it out into the bottom of the container.

Wait for the air bubbles that form to burst, as they will cause holes in the paper. Once the holes have popped, slowly lift the mould and deckle from the mixture, slowly swivelling it at the same time, as if you were panning for gold.

Ensure thumbs are away from the edges of mould and deckle.

Once it is out of the pulp, examine

STANLEY
A LEGEND IN COOKING!
WOOD STOVES with
Cast Iron durability
• Large fire box with choice of Domestic Hot water or Central Heating boiler
• Large self cleaning cast iron oven
• Large cooking surface with ground hot plates
• Choice of models and finishes



FOR YOUR CLOSEST DEALER CONTACT:
CASTWORKS
8 Roosevelt St, Nth Coburg 3058
Ph (03) 9354 4666 Fax (03) 9354 9971

The Everburning Light®
Level 1, 319 Parramatta Road,
Leichhardt NSW 2040
Phone/Fax: (02) 9568 5620



Antique, old and new Oil Lamps
Shades, chimneys and spare parts
Restoration, repairs and brass polishing
Large range of Aladdin Mantle Lamps & parts
We buy old oil lamps and parts
Mail order service. Smokeless lamp oil.
Aladdin Oil Lamp Specialist

the paper for evenness. This technique may require a few attempts to master.

If the paper is unacceptable, turn the mould and deckle upside down and tap it to release the paper and start again.

If the paper is even, remove the top of the mould and deckle, then slowly lower the paper onto the fabric.

The Paper Press

The fabric is placed onto the press and then the deckle is brought above it. Using your sponge to absorb the excess water, firmly dab it on the mesh side of your mould and deckle. The paper will then release and fall onto the fabric.

Multiple Pieces

You must now repeat the process using your mould and deckle to create more pieces of paper and placing them onto the press. Remember to place a piece of fabric between each sheet of paper.

Once you are satisfied with the quantity of recycled paper that you have created, press it all together.

After you have closed the press, stand it up vertically to drain excess water.

Allow it to stand for about two hours.

The Finished Product

After two hours, open the press and separate sheets by lifting the fabric. The paper will cling onto the fabric.

Hang the fabric with the paper attached to dry on the clothesline.

Once the paper is dry, peel it off the fabric and your recycled paper is now ready to use.

SUGGESTED IDEAS

The finished product can be used for a variety of purposes including unique writing paper, envelopes, boxes and cards. It is totally up to your own imagination.

Envelopes

Envelopes can be created once you have made recycled paper to the desired thickness.

Included is a diagram for a template to make your own envelopes.

Make a template from stiff cardboard to the dimensions and shape shown in figure 4.

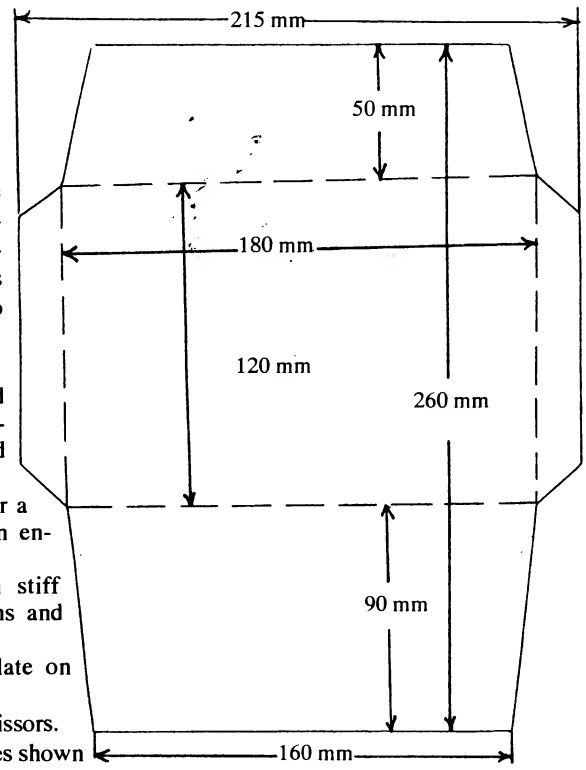
Trace around the template on suitable recycled cardboard.

Cut out template using scissors.

Fold along the dotted lines shown on the diagram.

Glue the tabs with paper glue.

Figure 4: Envelope Template





MINI WINDMILL

Perfect for the hobby farmer or those on alternative power

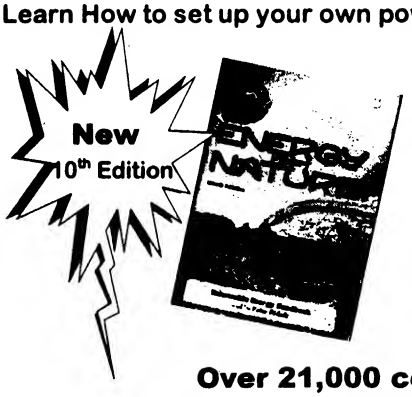
- Save your solar power by using the wind
- The Mini Windmill is affordable and can be used for endless applications: water gardens or stock; aerate ponds; run water to a header tank
- The Mini Windmill is portable so it can be moved very easily. It weighs approx 40 kg, stands 3.2 metres tall, blade diameter of one metre.
- The Mini Windmill uses 1/2 inch garden fittings, requires no special plumbing & operates using ordinary poly pipe.
- The Mini Windmill is capable of pumping over a distance of at least 250m, up to a height of 6-7 metres and approx 90 litres in light winds and 150 in moderate winds.

To obtain further information contact Robert, Helen or Craig now at:

C & R Sheetmetal P/L
40 Spring St, Maryborough 3465
Ph: 03 5461 4163
Fax: 03 5461 4893

Supplying Renewable Energy to the Alternative Lifestyle

Learn How to set up your own power system:



Written for the novice!

Now you can understand solar, wind & hydro power.

Over 21,000 copies sold

Only $20 Posted

Available from:

RAINBOW POWER COMPANY LTD
1 Alternative Way, Nimbin NSW 2480
Ph: (02) 6689 1430
Fax: (02) 6689 1109
Email: rpcltd@nor.com.au
Web Site: http://www/rpc.com.au

RAINBOW POWER COMPANY

New Gippsland Seeds & Bulbs

VEGETABLES FLOWERS HERBS & BULBS

We stock what we believe to be Australia's largest range of quality seeds in packets & small bulk amounts. Many old and unusual lines. Our Gardeners Resource Booklet lists over 500 types. Spring Bulb List available January.

Why not send for your FREE copies now. Just mention this publication.

MAIL ORDER SPECIALISTS

New Gippsland Seeds & Bulbs
P.O. Box 1, Silvan. Vic. 3795
Phone: (03) 9737 9560
Fax: (03) 9737 9292
Credit Cards Welcome

THIS IS A LIMITED OFFER ONLY TO GRASS ROOTS READERS

VIDEO KIT $49.00

ESSENTIAL OIL EXTRACTION KITS

BOOK KIT $29.95

ORGANIC ETHANOL
DISTILLED FROM AUSTRALIAN GROWN CORN DENATURED ORGANICALLY

THESE PROFESSIONAL ESSENTIAL OIL EXTRACTION KITS, INCLUDE, A ONE LITRE BOTTLE OF ORGANIC OIL EXTRACTION LIQUID, A SONTARA FILTRATION CLOTH AND A TWENTY MINUTE VIDEO OR A QUALITY INSTRUCTION BOOK.

YOU ARE SHOWN HOW TO MAKE, ESSENTIAL OILS AND RESINS, AROMA THERAPY OILS, MEDICINAL OILS, HERBAL OINTMENTS, HERBAL TINCTURES, PERFUME, AFTERSHAVE, HERBAL SHAMPOOS INCLUDING HERBAL FLEA REPELLENT FOR YOUR PETS, A FEW RECIPES AND LOTS OF USEFUL INFO AND CONTACTS.

ALLOW TWO TO THREE WEEKS FOR DELIVERY
SEND CHEQUE OR MONEY ORDER TO:
A.K.B. PRODUCTIONS
P.O. BOX A11 BOTANY 2019 N.S.W.

DELIVERY INCLUDED

ALSO AVAILABLE FROM QUALITY HEALTH FOOD OUTLETS

FOR FREE INFORMATION SEND A 45 CENT STAMP ALONG WITH YOUR ADDRESS OR TELEPHONE 02 9666 1578

DIRECT FROM THE CREATOR OF THIS KIT

NARA



HOME FOOD DEHYDRATOR

FOR FREE BROCHURE CONTACT:
Nara Products, PO Box 4, Torrens ACT 2607.
Phone/fax 06-2868811 Mobile 018-633165

SA	Basically Healthy	(085) 36 3072
Vic	Bendigo Health Foods	(03) 5443 1910
WA	Green Earth Herb Nursery	(09) 524 1251
NSW	Simple Grow	(02) 9725 2150
Qld	T & C Marketing	(07) 3206 6293
Qld	Jonel Farm	(070) 93 8771
ACT	Sth Pacific Hydroponics	(06) 239 2598

Wholesale & Dealer Enquiries Welcome.
Trade only 018-633-165

'Simply Dried' – A Guide To Home Food Drying
$8.50 + $1 postage

OUR HOPI OVEN

by S and R Dark, Tingha, NSW.

We sat on our verandah, glasses of homemade wine at hand, well into happy hour. 'You know,' I remarked, 'we'll have to do something about picking the sweet corn, it's ripening all at once.'

'We could make a Hopi oven.' She rifled the pages of her latest tree-hugger magazine.

'It's in here somewhere.'

'Hoppy? I remember as a kid that Hopalong Cassidy rode the range, but what's that to do with cooking corn ?'

She gave an exasperated sigh. 'A Hopi oven is something like a Maori hungi or a Pacific Island umu or even a ground oven in Oz. First you dig a hole in the ground . . .'

'In that reinforced concrete out there?' I snuggled back into my hammock while I still could.

She conveniently ignored my irrefutable logic and continued. 'And burn these great heaps of logs, stumps etcetera all day . . .'

I quickly guzzled the last of my drink. 'Plenty of timber and stumps around but not many etceteras though !'

She refused to be drawn, instead I received a sweet smile. 'In the afternoon, we load in the corn stalks and then the cobs with the husks still on.'

'Where's the last of the wine ?'

'No time for that now, we've too much to do.' Another scan of the pages. 'When the corn is in, we cover the oven with a sheet of iron and mud up the gaps so the steam doesn't escape.'

My de sotto comment of, 'I'd like to escape too,' wasn't sotto enough.

'Darling, you'll just love it in the morning when we open it. The corn is husked and threaded on a wire for drying, similar to treads on a spiral stairway.'

'Do you think it'll be worth all this trouble?' I could see the afternoon was well and truly shot.

'The corn keeps better than it does with just drying, and, being presteamed it's easier to cook.' She gave her watch a studied look. 'Better we start on the hole. It needs to be a metre wide. Two metres long by two metres deep should do.'



Above: The Hopi oven fired up.

Below: Hopi oven mudded and closed down



My yelp startled birds in a distant tree. 'Two metres deep? There's solid granite under there!'

'Do the best you can. We can always put bricks around to build it up.'

An hour later and the shovel and crowbar looked a bit blunter, but I had a hole that looked like a grave site.

Up she trundled with a laden barrow. 'Here's the first load of bricks. Now we'll lay them around the edge nice and straight.'

'Haven't any cement,' I gleefully retorted. Maybe I could still get back to the hammock.

'Cement's no use with all this heat anyway. Mud mortar is fine. Some of that clayey subsoil will do.'

Some time later, bricks and mud mortar had produced a mini wall, frequently checked for true.

'Right! The firewood trailer's empty. Let's collect the timber now.'

Sixty minutes later a trailer full of hefty pieces of wood was stacked next to the yawning abyss. With its brick surround it had changed from an expectant grave to a vault, or maybe the just-uncovered entrance to King Tut's tomb.

'We load in the small bits first so the heavier pieces will catch.'

'Thank goodness that's done. I need a break!'

'We're fresh out of Kit Kats, so light it up and keep it stoked while I pick the corn.'

Late afternoon we contemplated the bed of hot coals. 'I've put the corn stalks in the large buckets. The stalks and greenery go in first.'

'Then the corn cobs?'

'Right. One deep and not to touch the edges of the hole. Mud ready ? Good, now on with the sheet of iron.' She stood there, both hands deep in the mud bucket a beatific smile on her face. Just as 'they' say: people who make mud bricks have had a deprived childhood.

Soon after, the pair of us were mud spattered but happy, the corrugated iron lid steam-sealed for the night.

It had been real work in an intensive way, but it did look good. Good enough for a photo session.

I ruefully straightened a ruined back, 'No wonder the Hopi Indians didn't conquer the world. Poor sods were always worn out!' My back eased into the hammock at last. 'Tell you what. I've been an extra good boy today.'

'Down boy! It's just a Hopi oven, not the Taj Mahal.'

Daylight was yet to arrive and I'm shaken into my usual early morning stupor. 'Wakey, wakey. The corn's ready to unload. Where do you keep the wire for threading the cobs?'

She had most of the mud crust off when I staggered up. 'Isn't this fun?'

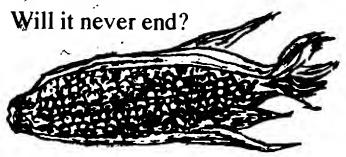
'Must admit, something smells good! Real good!' Assailed by the wonderful aroma of steamed corn before dawn, I looked on things differently. Breakfast was butter and corn with juice on faces and hands. Ordinary cereals didn't stand a chance.

'I'm glad that job's over though.'

'Over? There's another two batches to put through.' She gave a long blissful look outside at the walled crater. 'You know it does look a bit like the Taj Mahal.'

My joy knew no bounds, I puckered my lips and closed my eyes. There was a rustle. Besotted with love I snuck a look. She had her *Grass Roots* open. 'You know, there's this carport built with timber rounds. . .'

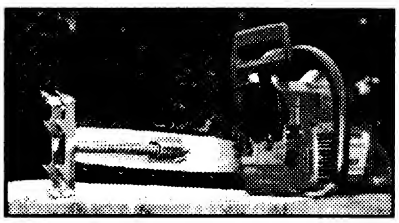
Will it never end?





Fruit Nuts Berries
HONNEF FRUIT & NUT TREE NURSERY
Callaghan Road
Narangba Qld 4504
Phone: (07) 888 1223
www.AOI.com.au/show/honnefnursery

FENCE THE EASY WAY with MORTICE-SAFE



THE SAFE WAY IS THE BEST WAY
MULTI AWARD WINNER

For safety, innovation, design and manufacturing excellence, including **THE LAND** Machine of the year '97.
* Save injuries, fatigue, time and money.
* Novice thru to professional can have safe, controlled, accurate mortice cuts.
* A must for all rural timber constructions, vineyard trellises, post & rail fencing, strainers & stays, cattleyards, post & beam.
* 2 models available. * Fits any brand chainsaw.
* Simple installation and removal. * Full money back guarantee.

Mortice-Safe Chainsaw Attachments
Steve & Linda Snedden
PO Box 47, Clarence Town, NSW 2321
Phone/Fax (02) 4996 4504

Name.....
Address.....
.....PC.....Phone.....
Send coupon for more information GR129

Goozeff Seeds
Pty Ltd ACN 058283 677



* Australian Native trees
* Shrubs & grass seeds & aquatics
* Tubestock native trees
* Shrub & grass seeds
* Palms & Cycads
* Tubestock & potted Kentia Forsteriana Palm seedlings
* Flora assessments & Provenance collections suitable for revegetation and hydromulching

Ph: (02) 4422 6056 or (02) 4421 0731
Fax: (02) 4422 6055
12A Warrah Rd, North Nowra, NSW. 2541
email:goozeffseeds@bigpond.com.au
CATALOGUE ON REQUEST

MULTICULTURAL GARDENING
Tomato and Eggplant Trees

by Mark Mackay, Novar Gardens, SA.

I became interested in gardening some years ago and first started growing vegetables in containers when I lived at home with my parents. I was given a north-facing space on the side of the house, where it was too hot to grow much due to the heat reflected and trapped by the brick wall and paving. I started off experimenting by growing a few herbs and tomatoes in pots. As a result of trial and error, seeking out information in books, watching television shows on gardening and asking people for advice, I managed to successfully grow a range of vegetables and herbs in this little space.

When I moved out of home I naturally took my pots with me. In fact, the number of pots expanded for a while, even though I had a lawn-covered area in the backyard which was amenable to being converted into a vegie patch. After leaving home the range of vegetables and herbs I grew expanded .

Despite living in the city and growing plants in containers I was, and still am, very much interested in the idea of permaculture. Thus, I tended to experiment (and still do) with different ways of growing things. Of course, this meant learning through experience and also not adopting the tidiest of growing methods – although I personally don't think an orderly garden is the best type of garden. (Have you ever seen a pristine piece of wilderness where everything is planted in rows and is based upon monoculture?)

I first met Marisa (now my wife and partner) about four and a half years ago. Little did I know how much my life was going to change! Marisa's father, Enzo, has also been interested in growing vegetables and the occasional fruit tree and has tried to teach me some of the ways he has learned over the years.

Enzo immigrated to Australia from Italy about 35 years ago and ended up living in South Australia. There is a strong Italian community in South Australia, and the immigration of Italians to that state has greatly influenced the local culture, particularly in relation to the type of food that is produced and consumed. My own parents can vividly recall the addition of new foods, or the increased availability of foods, such as capsicum, eggplants and garlic, and the new ways in which food could be prepared following the influx of European immigrants during the 1950s and 1960s – foods which I have known about for as long as I can remember.



Enzo alongside his eggplant tree.

The members of the South Australian Italian community have been renowned for their interest in growing vegies in their backyards. If you're interested in multicultural gardening experiences in Australia, then the book, *Back Yard*, by John Griffin may be worth reading. While growing vegies in the backyard is a pastime that is not restricted to the Australian-Italian community, it has been my observation that the types of vegetables that are grown and most prized appear to be strongly influenced by culture. For example, while growing tomatoes appears to have universal appeal, eggplant, rape (a bitter green leaf vegetable), oregano, sweet basil, cap-

sicum (or pepperoni), endichio, Italian (or flat-leaved) parsley are more favoured among the Italian community.

Not only are there cultural differences in the choice of vegetables grown, but, from my observations, it appears that there are differences in the underlying philosophy applied to gardening. Gardening from the Australian-Italian point of view appears to strive to combine orderliness (for example, growing rows and keeping all same varieties of plants together) with a certain sense of ingenuity and laziness. If my words don't sufficiently convey a sense of an Australian-Italian garden, then you'll just have to accept that the permaculture approach to gardening is very different to the Australian-Italian way of gardening! If you ever get the chance of seeing an Australian-Italian garden you'll understand what I'm writing about.

We are close to both sets of our parents and as a consequence they try to help us out when they can. As a result of Enzo's advice my (now our) gardening methods have changed over the last few years. For starters, few things are grown in pots any more and Enzo is always keen to encourage us to grow things in a more orderly fashion (and for that matter so are all of our parents). Things have changed – for all of us. For example, we have a vegie patch which reflects a combination of growing styles and different types of vegies. Enzo has trialled growing new vegies and the application of pea straw. Even my parents, who aren't keen vegie growers, have been exposed to different vegies and are growing a few different herbs.

There are several things that I've learnt from Enzo in relation to gardening that have fascinated me, namely the way he grows some of his tomatoes and eggplants, and how he cultivates lemon trees. Perhaps these things will also interest you.

TOMATO AND EGGPLANT TREES

How do you grow your tomatoes and eggplants? You might grow them from seeds you've collected from last year's crop or seeds you've purchased, germinated and then planted into the ground (or a pot). Perhaps you plant out seedlings purchased from a shop. There's nothing wrong with this – except there is another way!

Enzo has some very prickly plants growing in his vegie patch. Each plant grows to at least a height of 120 centimetres. You wouldn't plant this particular



Enzo demonstrating how he grafts tomatoes and eggplants onto the rootstock. After placing the eggplant or tomato into the cut section of the rootstock, he secures the graft with electrical tape or twine.



Our 'baby' rootstock. Enzo struck this cutting for us to use in our garden. Those experienced in growing eggplants may notice the resemblance of the rootstock foliage to eggplant foliage.

species in your garden for its looks. From my reading I believe the species is actually called *Solanum orvum* (Griffin, 1997 and Gilbert, 1997). Allen Gilbert suggests that this plant actually came from the West Indies, where it is a weed. In some respects its leaves resemble those of an eggplant, which is not really surprising as the eggplant *(Solanum melongena)* is related to this prickly plant.

The plant, or tree as I've called it, is used as a rootstock upon which tomatoes and eggplants can be grafted. Why do this? It seems unnecessary when tomatoes and eggplants grow relatively easily in the ground. In one book I've found it was suggested that this be done if nematodes are a problem. Personally, I'd prefer to plant marigolds as companion plants to try and control nematodes. Also, crop rotation – even in a backyard setting – is a good way to reduce the problem of nematodes.

I see the advantage of grafting tomatoes and eggplants onto this rootstock as including increased yields, increased period of production (which continues well past the time expected of nongrafted plants), and increased tolerance of heat (less water is needed on days of extreme heat). Also, both tomatoes and eggplants can be grown on the one plant.

If you want to try grafting tomatoes or eggplants to this prickly rootstock you will need some rootstock and some seedling plants. It's also useful to have access to a sharp knife, twine and some stakes.

Grafting Procedure

I understand that there is more than one way in which a graft can be produced, but I've only detailed the way in which Enzo performs this feat.

Using a sharp knife, cut a T-shape (the horizontal cut for the T should be at the top of the cut) in the bark of the rootstock 'tree' (see diagram). This enables the bark to be peeled back and the tomato or eggplant seedling inserted.

Take a tomato or eggplant seedling that is probably about 15 centimetres in height out of the seedling punnet and place it on a chopping board.

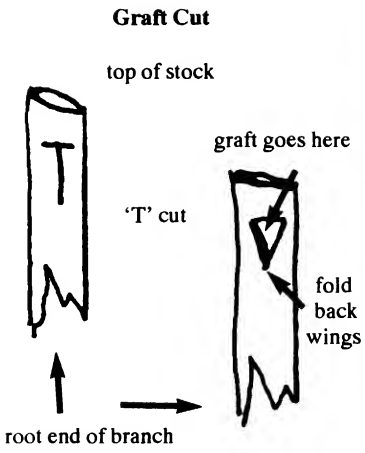
Cut the roots off the seedling. Make a diagonal cut across the stem when doing this to enable the plant to be inserted so that it will be in a vertical position when the graft is complete. A horizontal cut makes it difficult for the tissue to knit.

Peel back the bark of the tree and insert the top of the seedling, making sure the face of the cut surface is placed against the tree.

While holding the seedling in place allow the bark to fold back over its base.

Secure the seedling, ideally using twine, although Enzo has been known to use PVC electrical tape!

If you're not keen on the above method, Allen Gilbert, in his book on growing tomatoes, suggests using a V-graft. Another good source of information regarding grafting can also be found in the book, *Plant Propagation*, by Hart-



mann, Kester and Davies.

You should ensure that your knife is clean and has a sharp blade. A dirty knife may result in diseases being spread, while a blunt blade may crush rather than cut the plant tissue.

As the seedling grows it will be necessary to provide it with suitable support – this is where the stakes come in handy. The length of the stakes will need to be at least the same height as the tree, if not higher, to enable the eggplants or tomatoes to be adequately supported.

From Enzo's experience at performing such grafts it would appear necessary to graft more than one seedling to a tree – in fact, I'd say it's a wasted opportunity if you don't, because a good rootstock will support quite a few plants. Last summer, Enzo had five out of eight eggplant grafts take on the one rootstock.

To grow the rootstock you need to find someone who has one of these trees growing (I don't know if you can order it from nurseries). There are two ways in which you can then obtain the rootstock; either from a seedling (either wild or deliberately grown), or from a cutting. Enzo propagates the plant from cuttings by cutting off pieces of branches from the rootstock and planting them directly into the ground. Cuttings need to be kept well watered if they are to survive. Based on the cutting that Enzo has struck for us, it is likely that you will need to wait at least a year before the plant is ready to accept a graft, because the stock itself must be given time to develop. This coming summer we'll be trying this for ourselves for the first time, as the rootstock Enzo has prepared for us is finally the right size!

More multicultural gardening next time when I'll tell you how Enzo propagates lemon trees.



Eggplants growing on the prickly rootstock *Solanum orvum*. Enzo's ability to use what is at hand to do the job is shown here – electrical tape to hold the grafts onto the rootstock and an old aluminium window track has been used as a stake.

References

Tomatoes for Everyone, A Gilbert, Hyland House, Victoria.

Back Yard - a gardening life, J Griffin, Wakefield Press, South Australia.

Plant Propagation - principles and practices, 5th Edition, HT Hartmann, DE Kester, and FT Davies, Prentice Hall International, New Jersey (USA).

MARIMBA
Enjoy playing the Marimba instantly without any tuition.



To know more about our beautiful handcrafted Marimbas ring (07) 5499 9965 or write to: Sophie Stouff-Gibbins, 8 Palm Street, Maleny 4552 for a brochure and price list.

HIPPOCRATES
HEALTH CENTRE OF AUSTRALIA
Reduce Stress • Lose Weight
Stop Smoking • Increase Energy
Detoxify
Private ensuite rooms • Tranquil country setting • Delicious healthful meals • Luxurious heated pool • Cosy steam room and spa • Full-size tennis court • Dr Ann Wigmore's 100% Vegan Wheatgrass and Living Foods Program.
Phone for a free information package:
07 5530 2860
Mudgeeraba, Gold Coast, 4213, Qld.

THE ANSWER TO PERFECT COMPOST

With a 'WasteWorks' bin
Our worms do the work for you
*** Recycle kitchen/garden waste**
*** Large 312 litre, Treated Pine Bin**
*** Easy assembly - without tools!**
Produce nutrient rich vermicast
ONLY $155.75 incl P&H Vic Only
with FREE 1kg worms (4,000)
please allow 21 days for delivery
Bulk Worms also available
L & L Veenstra **PH:(03) 5349 2248**
P O Box 55, BEAUFORT Vic 3373



Low-Salt, Low-Fat Home Sausage Making Book $27.50 postage paid or ask for free catalogue of other Self-Sufficiency Books
Merry Hall
PO Box 92,
Islington NSW 2296
(02) 4969 4165 fax (02) 4940 8579

eco~ball™ ***Chemical Free***
SUPER CHARGED LAUNDRY BALLS
Replaces all soaps and detergents in your washing machine
Environmentally-friendly
Saves water & energy
Hypoallergenic & anti-bacterial
No harsh detergents or chemicals which are difficult to dissolve in water and pollute our rivers and oceans
For free leaflet or to order contact -
Safe Eco Products - P.O. Box 1350
Pearcedale VIC 3912
03 5978 5024



Ultimate in BATTERY-FREE technology
No Pollution No Running Costs No Batteries
Just squeeze the handle and a small dynamo generator inside powers the light! Always ready! Russian built to last a life time! $19.50 Aus + $4 p&p. Environmentally friendly torch! Never buy batteries again! Works every time!
Send cheque, postal order to: D A Van Zanten, PO Box 170, URUNGA 2455, NSW Aust.
Enqs: ph, Dany 61 02 6655 6604
Email: dany@coffs.com.au or dany@key.net.au

GARDENING BOOKS NEW AND SECONDHAND
More than 4,000 new and secondhand gardening books in stock. Catalogues and lists issued regularly.
GARDEN STREET BOOKS
P.O. Box 1811
Geelong 3220, Australia
Telephone: 03 5229 1667
Fax: 03 5223 3061
Email:
gardenst@ozemail.com.au



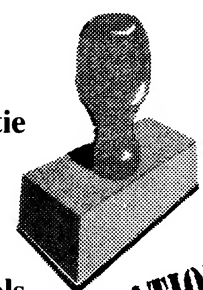
A Clear Choice
- environmentally friendly, transparent window insulation for new and existing buildings
- simple, D.I.Y. installation
- beats double glazing on price & performance

WINTER WINDOWS
PO Box 773, ACT 2614
Ph/fax: 02-6251 3570

A TRUE ALTERNATIVE EDUCATION

IS NOT

*** Conformity**
*** A pressed blazer, shirt and tie**
*** Landscaped grounds**
*** Impressive buildings**
*** Marble-tiled swimming pools**





IT IS

The development of able, happy, individuals who can competently handle their environment.

For further information about our alternative to a standard, conformist, inhibited education;
Contact: Pauline Turner, Yarralinda School, Prep to Year 8
4 Birchwood Drive, Mooroolbark, 3138, 9729 3032
e-mail yarralin@acepia.net.au

SHELTER FROM SLEEPERS

by Graham Murchie, Ballandean, Qld

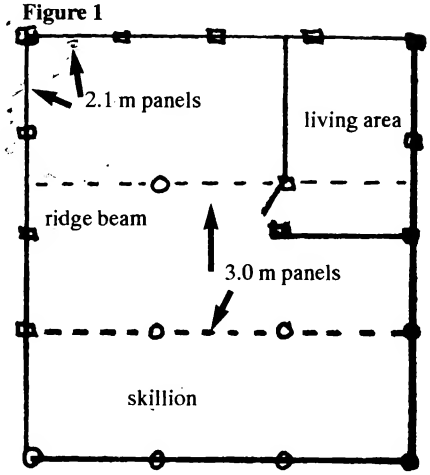
After paying the deposit on my block of land and getting a bulldozer in to clear an area for orchard, gardens and house, as well as building a dam, I was pretty broke. The trouble was I needed somewhere to live. A shed was the obvious answer, one that could house me and twenty years of accumulated junk and eventually serve as a workshop should I ever get the money together to build a house.

First, I went around the stacks of timber that were pushed up by the bulldozer ready to be burnt and found enough logs to use as posts for a shed 10 by 6 metres, sixteen in all. Twelve of these were squared with a chainsaw to end up being 20 by 20 centimetres.

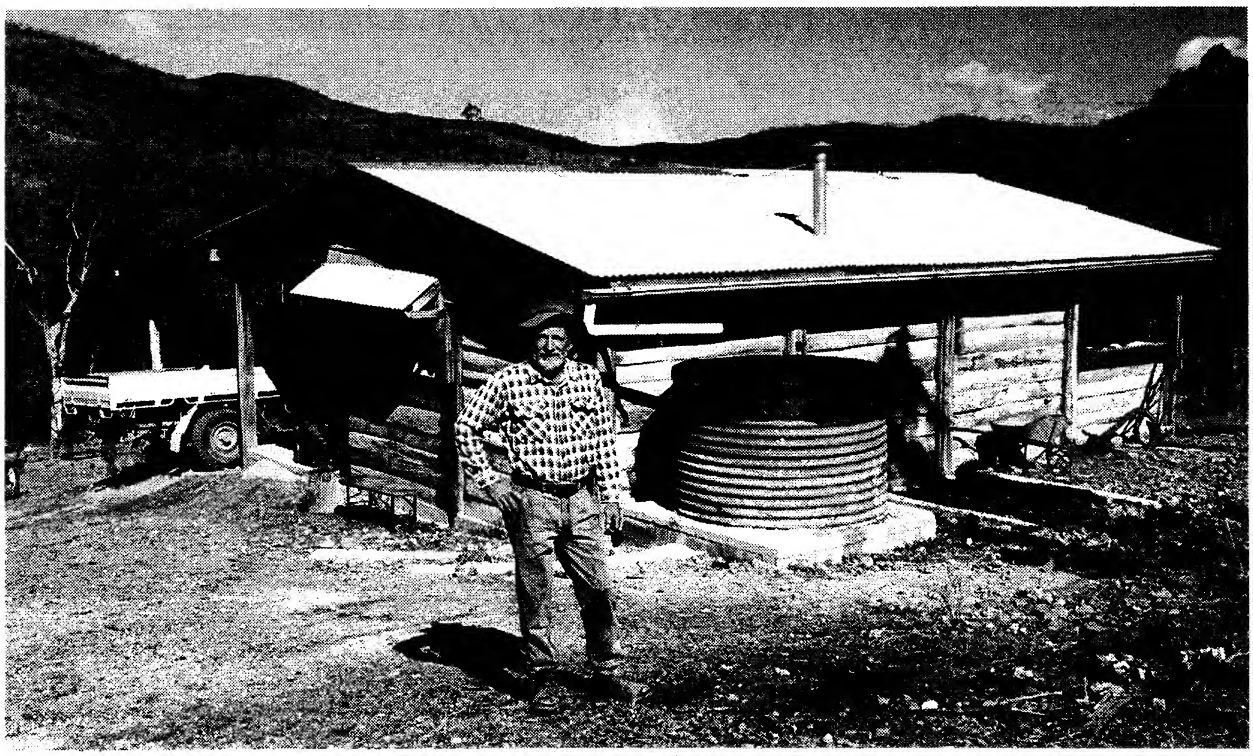
The site was then squared off and pegged ready to dig the holes for the posts. It was at about this point that I did some calculations regarding money and came to the conclusion that I couldn't afford enough galvanised iron. I had sufficient money to pay for iron for the roof, but not for the sides. Rather than compromise on the size of the shed, I decided to build with sleeper offcuts. The next step was to find some.

There have been millions of railway sleepers cut in all parts of Australia, therefore millions of offcuts lie around in stacks everywhere, in theory. However, many have rotted, heaps have been cut up for firewood, and many of the best ones used for landscaping or converting into outdoor furniture. Still, there are lots left. If you find a pile remember two things: firstly somebody probably owns them, generally the landowner, who may or may not wish to give/sell them; secondly tell no one, not even your best friend, or the next time you go to get a load they may be gone. They are a valuable resource, so valuable in fact that some are too good to be used as building material. I have seen some beautiful bench tops and coffee tables made from narrow-leaf ironbark *(Eucalyptus crebra)* offcuts that had been lying in a paddock for 15 years. If you find any good solid ones that are more than say 35 centimetres wide, store them carefully, they may be able to be bartered with your local timber craftsperson.

Figure 1



I was doubly lucky in that I ran into a sleeper cutter who was still operating and who agreed to sell me all I needed. The second bit of good fortune was that I hadn't put the posts in the ground at this



Graham poses behind his sleeper house that looks out over a spectacular view. The tank is second-hand and concrete lined.

stage. The shed site had been pegged for 2.4 metre panels. This would have been perfect if I had access to offcuts from NSW sleepers, but this cutter was supplying Queensland sleepers which are 2.1 metres. The price of the offcuts was 25 dollars a load and I made the Landcruiser earn its keep. An average load was 42 offcuts and three loads gave me enough for three sides of the shed and a 2.5 by 4.5 metre chook house.

The next job was to repeg the site, dig the holes and set the posts, after painting the bottom 90 centimetres with a mixture of sump oil and creosote. Then a water level was used to mark the posts at the correct height and they were cut off. To keep them firm a beam was bolted to the top, 100 x 50 millimetres for the 2.1 metre panels and 150 x 50 millimetres for the three metre spans (see plan fig 1). These sawn timber beams were notched in flush with the outer side of the posts (fig 2).

Figure 2

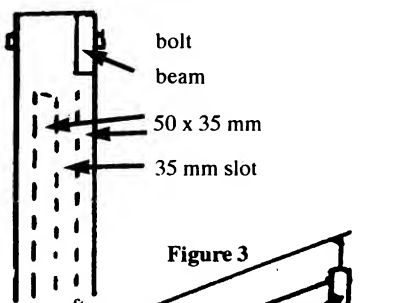
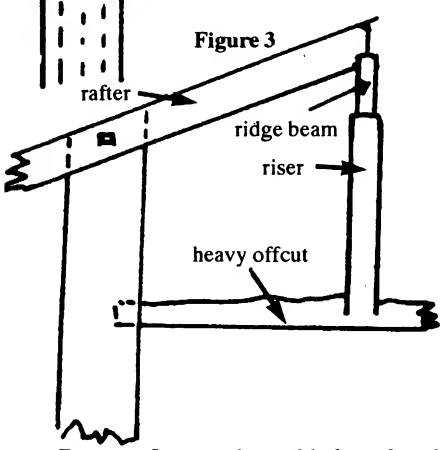


Figure 3



Because I wanted a gabled roof and the ends of the shed were three panels wide, two of the heaviest offcuts were used as crosspieces, vertical risers were notched in and the outside rafters bolted to the posts and fixed to the ridge beam, 150 x 50 millimetres (fig 3).

Having used offcuts to build quite a few sheds in the past, I have experimented a bit. They can be used much the same as in the traditional slab hut, stood vertically, but I prefer to lay them horizontally for two reasons. In every traditional slab hut that I've inspected the vertical slabs have shown some rotting at the bottom, some to the extent that they have fallen out. If you lay them horizontally only the bottom one will suffer instead of all of them. As you will see, this one can be cut out and a new one dropped in at the top. Secondly, I don't care how long the offcuts have sat in the paddock, as soon as you erect them in full sun they will shrink a bit. The old method was to wait until they had shrunk then nail a strip over each gap as it appeared. Laying them flat means that as they shrink they settle by dropping down between the slots and after six months you can just drop another one on top of them to fill up.

Before the offcuts were set in place a concrete footing was poured between each post, about 15 centimetres into the ground and 20 centimetres above. It was a simple matter to fix boxing to the squared posts and a couple of 100 millimetre nails were hammered into each post to key into the concrete. Heavily galvanised coach screws would be better. A concrete slab was then laid in the living area.

Next, two lengths of 50 x 35 millimetre sawn hardwood were firmly nailed to the side of each post with a gap of 35 millimetres between them. The outer one was set flush with the top beam and full length. The inner one was 20 centimetres short at the top. Having created the slots, it only remained to trim the offcuts to suit. It is important that the posts be perfectly parallel, otherwise it is hard to get a neat fit with the offcuts.

In any stack of offcuts some will have parallel sides and some won't, thus needing a bit of extra work (fig 4). Choosing which ones to use is a bit like stone masonry, you soon develop an eye for it. The heaviest ones should go at the bottom and if not equal in thickness should stick out a little (fig 5). They first have to be cut to length, then the ends trimmed to fit the slots. I did this with a chainsaw because I was in a hurry. An adze would have made a neater job, but my accumulated junk was sitting on the ground and I was building the shed around it. I didn't want to get it wet so I took some shortcuts. Trimming the ends with a chainsaw requires the offcut to stand on its edge. An assistant comes in handy. My eldest son was helping so we could do a panel in about two hours.

With parallel-edged offcuts I found that they could be dropped straight into the slots and we ended up with a good fit, but the other sort need a different approach. After marking with a stringline and trimming along both edges, the offcut was laid onto a couple of logs. Then the next one was trimmed and laid beside the first. The chainsaw was run along between them, thus eliminating any irregularities. Then the first one was dropped in and the third one was trimmed and laid beside the second, and so on.

Figure 4

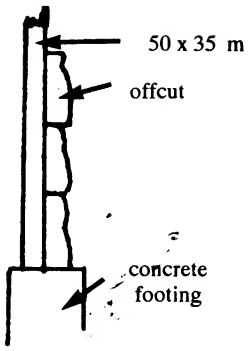
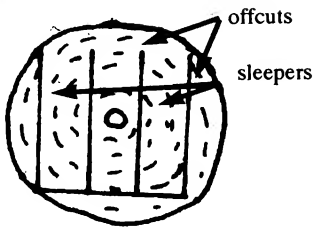


Figure 5



I used no packing between each offcut and, although I can see the odd gap, no water gets in. A better job could be done, however, by placing a strip of something – stringybark, hessian or rubber matting – between each one. When the last offcut is placed in each panel a 20 centimetre piece of 50 x 35 millimetre is nailed on to hold it in place. I found that by taking the offcuts up to the top of the beam, one year later they had settled to be level with the bottom of it. For a 2.4 metre high wall I think I averaged 11 offcuts per panel. I put the flat side of the offcuts to the inside to give me a good surface to attach shelving. When I build stables with offcuts I always reverse this. Don't ask me why, it's just the way I've always done it.

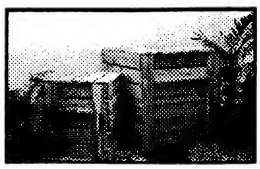
When all the panels were finished the roof was put on. This could not have been done before as it would have interfered with dropping the offcuts into the slots. The roof was screwed onto 75 x 55 millimetre hardwood battens and the rafters were round cypress pine *(Callitris endlicheri)* about 50 millimetres thick at the big end. The gable ends were scrounged weatherboards.

After deciding that half the roof would suffice for catchment of drinking

water, I used new Colorbond for that half and second-hand iron for the other side of the roof. That way I saved enough money to erect a 3 x 9 metre skillion, which now serves as a carport and a cover for some timber racks.

So after all I ended up with a 9 x 9 metre fairly solid shed which took two weeks to build and cost less than a thousand dollars. A shed like this should last 30 or 40 years, especially if given a coat of preservative now and then. If I win Gold Lotto I will clad it with iron, which will make it last even longer. The only negative aspect to this style of building is that it is not suitable for a really fire-prone area.

EARTHFLOWER
Mushroom Cultures
Grow your own mushrooms for food and other environmental benefits
*We supply mushroom spawn grown from our own culture stock or culture supplied by you
* All our mushroom cultures are edible
* Grown on certified organic substrates
* Ready to sow and easy to grow
* Varieties include Oyster, Shitake, Enoki, Giant Red Wine Cap, Kuritake
* Other benefits are soil health including regeneration of areas of septic tank leakage, removal of nematodes, acceleration of composting process, moisture level stabilization
* Detailed instructions supplied with spawn
Pick mushrooms from your own vegie patch or grow to supply restaurants and food markets
For more information on available cultures, their uses and price list please write, phone or email Steven O'Cathmhogha:
EARTHFLOWER
GPO Box 139, Hobart.7001
(03) 6239 6887
email: juanostik@hotmail.com

Earthsaver 2000

THE EASIEST WAY TO RECYCLE KITCHEN AND GARDEN WASTE!
Large Earthsaver $230
Small Earthsaver $115
Includes Compost Worms!
Also available:
Compost Worms - Bait Worms - Vermicast
Worm farming information booklets
Just call **WARWICK WORMS**
PH 07 4661 8363 FAX 07 4661 8226
Or catch us on the internet:
www.warwickworms.com.au

WHAT'S SPECIAL ABOUT YOUR LOCALE?

MANNING VALLEY

by Kelia, Upper Lansdowne, NSW.

I sit here as the sun sets, leaving a blue haze over the mountain ranges, while a majestic glow descends upon the trees and the cows in the grassy paddock. Kangaroos and wildlife abound here. Rosellas fly by, landing in the willows growing alongside our flowing creek, where we swim – so pretty, the perfect place for a wedding. Thinking of the bag of pumpkins dropped in by a friendly neighbour, I ask: 'What more could you want?'

A short drive up the mountain brings us to Comboyne. The kind of landscape that epitomises the GR dream – rolling green hills reminiscent of Ireland and beautiful valley views. Across the mountain from here is the Bulga Plateau, home of the magnificent Ellenborough Falls, rainforest, picnic areas, swimming holes. The air is so crisp and fresh up here, you feel like you're in the clouds.

A short drive in the opposite direction brings us to where the ocean flows from Crowdy Head – great surfing – into the bay at Harrington – good fishing – and further along to the endless stretch of beach of Manning Point – ideal for picnics and quiet contemplation.

'What more could you want?' With such beauty abounding in one small place, we find ourselves drawn to discover the rest of this land – as there must be more.

DEVONPORT

by Marjorie Bligh, Devonport, Tas.

My husband and I chose this city by the sea, Devonport, on the north-west of Tasmania, as it is conveniently close to the airport and the Spirit of Tasmania. Another advantage was, being an author, the two firms that print my books are in the centre of the town.

Also central is the Devonport Gallery and Arts Centre in a converted Baptist church holding exhibitions in all media by Tasmanians, interstate and international artists.

A maritime museum on Victoria Parade houses detailed models from the days of sail and steam to the modern passenger ferries. Further along is Tiagarra, an Aboriginal interpretive centre display of Tasmanian Aboriginal spirituality and culture by ancestors from the Dreamtime, with rock carvings nearby.

Devonport is very proud of its carpet factory, the Australian weaving mill and the Impressions Gallery that houses crafts from all over Tasmania. Our rail-

Below: Mountain views, Upper Lansdowne at 6am.



way museum has the largest collection of steam locomotives and carriages in the state.

'Home Hill' is a great tourist attraction (the home of the late former prime minister, Joseph Lyons and Dame Edith Lyons), as is the arboretum on 45 hectares with trees from all over the world.

DOONAN

by Angela Bertram, Doonan Qld.

Halfway between Noosa and Eumundi on Queensland's Sunshine Coast, is Doonan. Not a town as such, but a pretty subtropical area where many people live on small acreages. My partner and I moved here four years ago when we bought our first home. We live on one acre but are surrounded by rural acreage, making our property very peaceful and private. Except for a few clusters of big old gum trees our block was bare. Since then we have made many 'earth-friendly' improvements, as we are lucky enough to host a wide range of wildlife. We have around a dozen kangaroos which live here permanently, the carpet snake in the roof, resident owls, and even a goanna or two. The birdlife is prolific. Everything from one sole Jabiru to the stunning yellow-tailed black cockatoo.

The climate is wonderful, especially in winter. We love living here, essentially because of the peaceful lifestyle, however, if we wish, we can drive ten minutes one way to Eumundi, famous for its Saturday morning markets, or ten minutes the other way to enjoy the beautiful Noosa River and all its offerings.

The best thing is sitting on our verandah on a hot summer evening watching the comings and goings on our little piece of paradise.

LOWER KING

by Danielle Fowler, Lower King, WA.

I yearned for deep, nourishing roots for my family. We'd moved a lot when I was a kid. I didn't want my children to do the same. Hubbie was of a like mind. So, after hard work at a job, two houses in town, three hospital stays and children to match, hubbie's illness, and a job change, we finally found a compromise 1500 m² in the township of Lower King!

Sure, it's not the acres we wanted, but it's plenty to practice our orchard and kitchen garden on. We are an outer suburb of Albany, with whale watching tours, wildflowers and natural beauties. But I love here best. The wind moans through the trees as the children and I walk to the store. Girls ride by on their horses. Even the Pony Harness club trot by and I long to join them. The beauty of the river and the farmland that spreads out before us inspires us and keeps us reaching forward. But a dream can't be condensed down into a droplet and out here is where our dream is. We plan to make it a wonderful reality.

WORKING STIRLING STEAM MODELS

'Around Wilf's Workshop'

An easy-to-follow book written by a hands-on man. From what to look for in old lathes to building forges, tools, white metal pouring. All for beginners in restoring & machining old equipment & tools.

PO Box 136, Dayboro, Qld 4521
Ph: 07-3425-1698 Fax: 07-3425-1204



NAPPIES THAT DON'T COST THE EARTH

Now you can make your baby more comfortable, help the environment and save money all at the same time.

For our free brochure, mail order form plus fabric swatches please send stamped self-addressed business-size envelope to:

Zappy Nappy P.O. Box 260, Eumundi Q 4562
Phone & Fax: (07) 5442 8033

BIODYNAMIC FARMING & GARDENING ASSOC IN AUSTRALIA INC

A working Association of individual and regional groups of Bio-Dynamic farmers and gardeners throughout Australia.

Providing its members:

* Practical advice and information regarding:
- application of the Bio-Dynamic method including use and manufacture of the Bio-Dynamic preparations, necessary equipment etc.
- certification requirements for the B.F.A. Bio-Dynamic standard
* Supply of all Bio-Dynamic preparations
* A comprehensive quarterly newsletter and annual planting calendar
* General membership $50
* Commercial membership $100
* Newsleaf subscription $25
* Registration $10

P.O. BOX 54, BELLINGEN NSW AUSTRALIA
PHONE/FAX 02 6655 8551

Australian Made Deep Cycle Batteries
suitable for solar power appliances
Houses ◆ House Boats ◆ Electric fences



ARIEL BATTERIES



660 Smith Street Clifton Hill. Vic.
Ring Gerald or Neil on 9481 5731 or fax 9482 2586

HANDLING HEAVY HORSES

by Judy Clark, Cobargo, NSW.



On the last weekend of April 1998 we held our first heavy horse training weekend to help teach people about exactly what equipment they need for the job they have at hand. Many were surprised to find how little harness and equipment was needed for some farm work.

Where they could buy harness from was a big question being asked, as good second-hand gear is hard to come by, as is farm equipment. There are harness makers about, but our area is fairly isolated and new gear is expensive to send for.

We borrowed single and double mouldboard ploughs and students were taken through the stages of ploughing by local retired farmers who used horses on the land in their 'younger days'.

Students were taught safety around horses, the correct way to harness the horse for the job at hand, and also what a heavy horse is capable of pulling easily.

We also taught log snigging and the correct method of hooking up the log and the use of the skidding sheet (a curved plate of steel for the log to rest on so the front does not dig into the ground, with a hole in the front for the chain to go through).

The same instructor who was on the logs is also a bushman skilled in using axes, adzes and broadaxes and teaches how to cut sleepers, fence posts and palings, as well as choosing the right tree for the job.

Some people came to find out what they were up for before they even bought a horse. Some have horses but, because they did not know where to start, the horses were in danger of becoming very large and expensive pets.

The weekend was totally hands-on for all the aspects of heavy horse handling and was also free, which surprised a lot of people. In true country style, everyone gave freely of their time and knowledge. One instructor even brought along his own horse, which did a lot of the ploughing and log snigging demonstrations.

The event aroused so much interest that we were asked when the next was going to be held, so we are planning for a spring event on the second weekend in October 1998. This time we hope to add to the programme and include, after the instructional sessions, a fun time where skills learnt will be put to the test, with an obstacle course for horse and slide and a log snigging obstacle course.

Students can use quiet horses supplied by us, or are welcome to bring their own, so instructors can help them with any problems they may have. No stallions are allowed, but if necessary we will go and help people and give advice if it is not too far for us to travel.

Other attractions planned will be a working blacksmith, who is also a 'bladesmith' (one who makes knives and swords), and a full wheelwright display. There will be a food stall and hopefully provision of billy tea and damper.

If anyone wishes to know more about the free heavy horse training weekend please feel free to phone us on 02-6493-6569. A date is the second weekend in October 1998 (10th and 11th), weather permitting. The event will only be cancelled in the case of very inclement weather, so otherwise come prepared.

RARE BREEDS

Find out more about endangered farm breeds Australia wide.

Send an SAE for a brochure to:
Australian Rare & Minority Breeds Assn
Lot 13, Read Rd, Elphinstone 3448

THE JOY OF WORKING HORSES

by Michael Sartwell, Gympie, Qld.

Well, after ploughing up 2.5 acres with one horse and a six inch (15 cm) plough I look back and wonder how I ever got involved with horses. Of course, it's all my wife's fault – it always is.

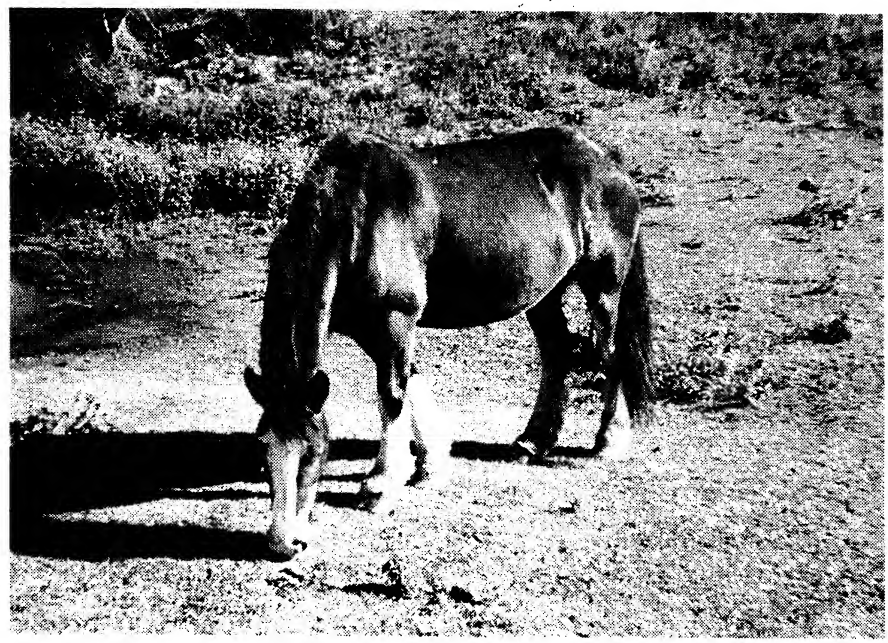
We had just bought 40 acres of degraded paddock to create an ecologically sustainable farm. You know, the agriculture that used to be practised by indigenous farming peoples. We were going to dig two acres with mattock and potato fork and grow vegies (the ten-year plan). We decided to buy two horses for recreational riding in the adjacent state forest. I chose a sensible riding horse (Quarter Horse). Carol decided she wanted to look at a Clydesdale/Quarter Horse cross. Why she wanted something with that much heavy horse I didn't know.

When we met Sas (Save Australian Soils) she didn't have 'feathers', but did have rather large feet. She pranced around and did little jumps in the air. What a show-off she was, and still is.

Next thing is, Carol suggests we go to the local heavy horse field day. 'What for?' I asks. Well, we end up there watching heavy horses plough, harrow, pull carts and snigg logs. 'We should get Sas to plough the four acres for dryland crops,' my wife says.

Being classically trained as a master accountant, I gets out my pen and paper. Time for a cost/benefit analysis – heavy horses versus tractor. Well, as far as costs go heavy horses win hands down. Tractors are expensive to buy, parts are ridiculously priced, fuel is going up all the time and they pollute the eyes, ears and nose. Horses replicate themselves and eat free grass. Horse-drawn equipment has few moving parts and is difficult to break and cheap to repair. Horses are also ecologically sound. Horses do as good a job as tractors, except slower. That's no big deal – we certainly weren't in any hurry. Cost/benefit analysis came down well in favour of heavy horses.

Carol and I have never looked back. Heavy horses are wonderful companions and I love working with another being, rather than a machine. The work is not all fun. It can be quite dangerous and the horse does have a mind of its own. Recently, I heard a story of a person who left the reins to tell friends that his team couldn't plough their field. The horses, who were used to this, for some reason, took off. When the ploughman caught them, one horse was down with the tendons on her back feet slashed through by the plough. A gun put her out of her misery.



Michael's plough horse Holly enjoying time off to graze.

Working animals may need a little more care than paddock pets. The secret, I believe, is not to overdo it. We do not feed our horses when they are not working. Being a source of treats is the quickest way to develop a bad horse. They have plenty of paddock to graze and plenty of grass to eat. When they are working, we do feed a little extra. We feed them their favourite leafy greens from the garden (for vitamins and minerals) and up to a cup of corn (for energy), depending on whether they need it.

They may get an extra brush-down when salt accumulates in their coats. We find during the summer they need to be brushed down more often, anyway, as they get bad tempered if itchy.

We have two heavy horses now. Both used for riding, one used for ploughing and harrowing and the other in training. Working with horses has far more benefits than just cost. I wouldn't give up working with my friends for anything. Tractors are a product of a society ruled by corporations and profit. There is no room on a sustainable farm (or society) for inappropriate technology. We have much to learn about ecologically sound practices from yesteryear or Third World countries.

Ten thousand farmers in the USA plough with horses.

If anyone would like to visit our farm they can do so at http://fast.to/esfrec/.

An excellent resource on working horses is the American quarterly *Small Farmer's Journal* featuring practical horse-farming. The subscription rate for one year is $31.00 American, from Small Farmer's Journal, PO Box 1627, Sisters or 97759, USA.

25 years of sharing

CHANGING TIMES

by Rebekah Oberin, Balwyn, Victoria.

Where is that invisible border between 'country life' and 'city life' drawn? I guess I grew up somewhere on the 'city' side of the line, but not by a whole lot. We lived on an acre of land, in what used to be the farmhouse for an orchard before it had been divided up into acre and two-acre lots. Our house was on a dirt road, we had chooks, vegie gardens and fruit trees – plum, lemon and apple. There was often no TV, and for a while we baked all our own bread and cooked almost everything from scratch because my brother couldn't tolerate any of the additives in commercial stuff. The neighbours had bees and a sheep they used as a portable lawn mower.

In 1990, Anne – my mother – wrote about all of this in GR, an article called 'Live the Rat Race at your Own Pace'. A year after that article was written I went to boarding school, at my own insistance.

Two years later the whole family moved to the inner eastern suburbs of Melbourne! After 13 years of living an hour from the city (or two to three by public transport), we were now just ten minutes or a short tram ride away! I know this isn't the direction most GR people want to move in, but at the time it was the right direction for us. My eldest brother was illiterate at 15 and needed remedial help that wasn't available 'out in the sticks'; Dad was again working in the CBD and spending large amounts of time commuting; I was heading off to university the next year.

So what are we all up to now? Dad works in the city, my two youngest brothers are at private schools, my eldest brother is spending a year in England between school and university. Mum meets her friends at coffee shops for cappuccino and my brothers take their friends to go see movies almost every weekend.

So have we turned into the 'typical suburban family'? When I first asked Anne that question her answer was 'yes', but after more thought and talking we think not.

On the obvious level, we recycle vigilantly and are lucky that the local council collects paper, glass, plastics and greenstuff for us. There is an awareness in the house that not everybody lives as we do. As well as the private-school friends my brothers bring home they know our 'country cousins' and long-term family friends who visit regularly and still live out around Warranwood. We have been taught to be very slow to judge people for things like how they live.

There is still a great deal of music in the house. All the boys take individual music lessons at school. They also have an enormous choice of choirs, bands, orchestras and unusual things like handbells, and each one plays in several groups.

Every year most of the family heads off to the Port Fairy Folk Festival. This year they came back home with, among other things, four tin whistles and a book of tunes for them. Having variously learned clarinet, recorder, saxophone and flute, we were able to pick them up and play them easily. I arranged some of the tunes into duets and trios and we played together.

The latest instrument in the house is a soprano saxophone, and Dante and Anne are learning it together. They have lessons, helping each other with technique and learning each week's tunes. This reminds me of when I began flute at almost the same age as Dante is now – Anne learned that with me too!

At the Steiner school we all attended before we moved, parents were encouraged to be involved with the school, and they've kept up the habit. They always know what's going on and who the boys' teachers are and attend music lessons, which seems to surprise and delight the teachers.

In a miracle brought about by a wonderful school and special teachers, as well as countless hours of help from Anne (she's now writing a book about it), Hayden went from being functionally illiterate at 15 to scoring in the top four percent of the state for his tertiary entrance ranking when he completed year 12 at 19.

At the particular school my brothers all attend, each boy has his own laptop. They're all good at it, even by the standards of the school, and manage to use the computers for surprisingly creative stuff. There are a lot of computers in the house now, which is a dramatic change from the Warranwood days when we didn't even have a TV.

Bad things about living here? Of course! They are mostly the obvious things: It's a long way from the country and I miss the open spaces, and visiting the Dandenongs, especially Badger Creek. There isn't as much space living on a quarter-acre block, no enormous trees to climb or space for cubby houses or animals.

There's also, of course, more pollution. But on the other hand there's less in the way of grasses and pollens in the air and everyone in my family but me is allergic to them. Moving in here has allowed them to substantially reduce asthma and hay fever medications.

And now I too want to live in a 'GR' sort of way when I can. I dream about ten acres, vegie gardens, herb gardens, chooks, fruit trees and the rest. . . and because of my time growing up with a taste of it I have a bunch of useful skills. Most 23 year olds haven't had practice baking bread, collecting eggs without getting pecked by the angst-ridden rooster, growing chemical-free vegetables and all the rest. I don't know everything I'd need to know for when (or perhaps 'if') I do go and live in my own little patch of GR heaven, but I like to think I have a better idea than most.

I'm glad I got to grow up there.



YUMMY LAVENDER

Add a gentle lavender fragrance to biscuits, cakes and sweet sauces by using lavender castor sugar. Simply layer one cup castor sugar to one third cup bruised lavender flowers until jar is full. Shake the jar twice a day for two weeks.

WHAT'S ON

Spring is in the air and there are plenty of activities on offer for anyone wanting to be out and about enjoying the balmy weather.

FAIRS, TOURS, & WORKSHOPS

The idea of rooftop farming on commercial premises is gaining momentum. This otherwise-wasted space can be used to raise fresh fruit and salad vegetables for local restaurants and can also utilise the wastes from these food premises via worm factories. Rooftop farming projects can use the expelled air from the building's air-conditioning plant to modify the rooftop microclimate. A seminar in Toowana (Qld), promoted by the Urban Agriculture Network will help spread the message.

Going Solar's Renewable Energy & Sustainable Living Fair, to be held at Daylesford (central Vic) should be fun and informative for anyone interested in alternative energy. Children are catered for, so it should be a good family outing.

Anyone building, or dreaming of building, in mud brick will be inspired by the Peninsula Mud Brick House Tour organised by the Somers Primary School. The tour takes in six owner-built mud brick homes. It begins, with maps being available, at the school, where there will also be a market and demonstrations of brick making/laying/rendering.

Peppermint Ridge Farm in Tynong North (Vic) is holding an opening day at its new workshop and resource centre, housed in the old Nar Nar Goon North Primary School. It has been restored and returned to its function as an education centre, this time around aiming to promote permaculture, sustainable land management, environmental issues and reconciliation.

Wollondilly Shire's Envirofest '98 should be a great family day out, based on living in harmony with the local environment.

The All Natural Family Food Fair, to be held at Mudgeeraba on the Gold Coast offers something quite different in the way of family outings. It is committed to a junk-food-free day, with delicious organic and vegetarian alternatives being available. There will also be a range of eco-friendly stalls and displays, alternative therapies, working horses, carnival rides and a steam train.

Flowforms are vessels that emulate the vortices and swirls in nature that enable water to oxygenate, cleanse and renew itself. They can be used anywhere water is used – in swimming pools and gardens, as well as part of greywater, sewage and effluent treatment systems. Living Waters Flowforms is holding a workshop to explain the theoretical aspects of flowforms and the techniques involved in their construction. It will be held on a rural property near Mullumbimby, in rural NSW, over the weekend of October 31 and November 1.

Phone 02-6684-4088 for more info.

GARDEN

The Spring Gardening School, held at the Latrobe University Beechworth Campus is a wonderful opportunity for dedicated gardeners to experience a four-day live-in with presentations by well-known garden experts.

Recharge your batteries and come home inspired with new ideas for your garden after a visit to the Digger's Club Spring Flower Festival at Dromana (Vic).

Gardeners with an appreciation of art will enjoy the Backyards and Boundaries exhibition at the Mornington Peninsula Regional Gallery. This exhibition traces the artistic representation of gardens from 1840 - 1930, with works by Arthur Streeton, John Glover, Eugene von Guerard, Frederick McCubbin and others.

The Australian Lavender Growers Association two-day annual conference will be held in Canberra in November, and this year's theme is 'Expanding Your Horizons'. Conference topics will include niche marketing and agri-tourism, as well as many hands-on workshops on lavender varieties and cultivation.

For more information on lavender growing, call Judith Basile, ph. 02-4677-1888 or Carmel Hawkey, ph. 02-4683-0055.

CRAFT

In NSW, at Glenfied, craft enthusiasts can attend the Fibre Network Festival, with this year's theme being: An Eye For Colour.

The Australian Craft Show is being held in Brisbane, Canberra and Sydney and presents an eclectic range of crafts from some of Australia's foremost craftspeople.

EXHIBITION

Twenty museums across Victoria are staging exhibitions on the theme of The Australian Family; a celebration of the diversity of our cultural pluralism.

See the Calendar Events section of the Grassifieds for more details of dates, venues and contact phone numbers.

NATURAL MEDICINE
Correspondence courses written by
Isaac Golden, PhD, D. Hom.
Principal of the ACHH
President of AHA (Vic) 1992 - 98

Homoeopathy - a fully accredited professional Diploma course, OR an intermediate course for parents

Natural Medicine - a basic course covering home prescribing

For full details contact:
Isaac Golden
PO Box 155, Daylesford, 3460.
Phone (03) 5348 3667



Adobe Constructions
Builders of Quality Homes

Specialising in Mud Brick & Post & Beam Homes. We offer the following building services: Registered Builders, Registered Drafting, Home designs, Site Evaluations & much more

Also incorporating ***MUD TURTLES***
Suppliers of genuine hand made puddled mud bricks, renders, water repellents & much more

Ph: Wayne or Tracey
03 5635 4234 015 544 907



Bindalee Dexter Stud
RMB 415 D1
HOLLOWAYS ROAD, SHEPHERDS SIDING
via WAGGA WAGGA 2650
We have a herd of purebred Dexters and a few grade animals. We are happy to discuss these fascinating cattle at any time.
All inquiries welcome
Ring Ellyn or Ron Howes
Tel: (02) 6928 4507 Fax: (02) 6928 4518
Mobile: 018 692341
Email: bindalee@dragnet.com.au

Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

BREEDING AGE OF FOWL

We're just starting off with fowls and can't find out how old breeding birds should be. One of the books from the library suggested using cockerels over six months and not more than two years. Would it matter if our males were younger or older? Also, what about the females, is there a preferred age for them?

Jan and Ian,
GYMEA 2227.

Cockerels do not become sexually mature until 5-6 months of age, and are at their peak around 12 months, which explains why this period is preferred for breeding. After two years fertility drops off, though a backyard bird with a small flock should have little difficulty servicing the hens successfully for a couple more years. Birds younger than six months may not have fully matured sexually, and fertility drops off in older birds. Of course, a lot depends on the numbers involved, how well they are looked after and whether or not they are receiving a well balanced diet.

Females (pullets) reach sexual maturity at 5-6 months also, when they commence lay. If you want to set eggs and hatch chicks it is better to wait until the pullets' eggs reach an acceptable size. The first few weeks of lay is often made up of quite small eggs. Old timers never bred from pullets but used hens in their second or third year of lay. By then they could ascertain which were the good layers, their effectiveness as brooding hens, and which exhibited disease and parasite resistance. This practice is pertinent to the smallholder and justifies having a laying flock composed of multi-age birds. Hens do continue to lay after three years, but output is reduced significantly each consecutive year.

SARCOID IN HORSES

I am hoping you may be able to assist with a treatment for a sarcoid, or 'swamp cancer' for my 10 year old bay gelding. He has had the cancer on his fetlock for the five years that I have owned him, although I originally believed the small growth (matchhead size) was a wart. It has however grown rapidly (10 cent coin size) after being knocked several months ago, as is typical with sarcoids. Local vets can offer only expensive treatments, huge transport costs given my distance from town, and no guarantee as to the success of the treatments which include excising and freezing. There is apparently a significant risk that the cancer will travel through the bloodstream and pop up somewhere else.

Also could you offer an opinion as to whether sarcoids are larval or viral, and what is the prognosis without effective treatment?

Penny Judge,
GILGAI 2360.

By the time you read this, the new edition of 'Natural Horse Care' may well be out. I have included sarcoids this time. It is a problem that has become more and more prevalent, and when you get the book you will see from the chapters on the health of the land why this is so. It was virtually unheard of years ago. This is the extract on the ailment.

Sarcoids are tumours, possibly benign that crop up in all parts of the horse and it is becoming far too common, a vet will advise whether removal is practicable or not. However, many sarcoids seem to disappear when conditions are improved or changed, without any surgical intervention.

In the case of it being inoperable (and the operation is not always successful anyway), a fully balanced diet with NO made up feeds, no grain and all the required minerals will gradually reduce or stop it becoming worse. Prevention is better than cure with this complaint as with many others. It seems only to occur on horses fed sick food from sick paddocks, and often accompanied by too much protein in the diet.

Have the horse paddock remineralised and fully balanced as soon as possible. Never use conventional NPK fertilisers in horse paddocks.

Pat Coleby

COW DRIES OFF SUDDENLY

I wish to thank you for all the help you have given me over the past few years, especially to Pat, it's been wonderful.

I have another problem for the team. One of our three year old Jersey milkers who had her second calf in May has completely dried up. Her first lactation was quite sound, milking right through. As far as we know she didn't have a difficult calving this time and has now cycled at a regular interval twice. We didn't mate her. She seems very well, and may be slightly on the 'beefy' side, taking on a more barren look all the time.

Any suggestions?

Linda Heffernan,
KYLONG 4570.

I am assuming you do not have 'Healthy Land for Healthy Cattle'. I have to suspect that the land on which this cow has lived is out of balance in regard to essential nutrients and that you are not feeding the required minerals. You do not mention that all -important factor in your enquiry – and that is what the cow lives on!

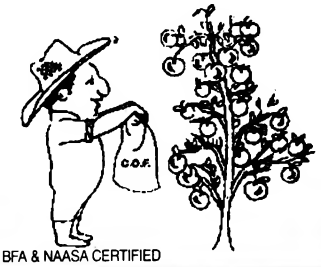
I do not like the sound of the masculine 'beefy' look. Take all forms of lucerne out of the diet at once. Let her have seaweed ad lib. Give her half a bucket of oaten chaff and bran a day with a tablespoon of dolomite and the same with yellow sulphur in it. Damp the feed with bulk unpasteurised cider vinegar, and give her 10 ml of cod-liver oil a week. If she eats bark and trees she may have a quarter-teaspoon of copper sulphate in the feed as well each day until she stops.

The most important step is to analyse and top-dress the paddock as fast as possible (I am sending you the details how to do this personally.) Other cows may follow suit, if this is not done. Hopefully, we can reverse the trend before she is relegated to being a fattener.

Pat Coleby

VICMILL

Making what is naturally best for soils, animals and the environment



BFA & NAASA CERTIFIED

Natural Humate Fertilizer

Factory (03) 5865 5429 Office (03) 5795 2090

Correspondence: 23 Railway St, Euroa 3666

Product information available on request

ECO NEWS

VEHICLES AND THE ENVIRONMENT

Car manufacturer, Toyota, is about to spend $23 million worldwide to purchase land on which to plant trees. Proposed land purchases in Australia are in Victoria, South Australia and Western Australia. The company's aim is to have 100,000 hectares planted by the year 2008. In Australia, the plan is to plant 500 hectares of eucalypts per year for ten years and to begin harvesting for pulp in the eleventh year.

Largely as a result of the compulsory use of catalytic converters in new cars since 1986, and the use of unleaded fuel, concentrations of non-methane-based hydrocarbons in Melbourne's air have been reduced from 2525 parts per billion in 1983-84 to 980 parts per billion last year, despite an increase in the number of vehicles.

Diesel fuel exhaust has been found to contain the two most highly carcinogenic chemicals thus far analysed. The most recently analysed, 3-nitrobenzanthrone, was given the highest ever rating on an Ames test, the standard measure used for rating potential carcinagenity of chemicals. Japanese researchers who made this discovery warn that heavily loaded diesel engines are a major source of the chemical which could be a factor in causing lung cancer.

Victorians concerned about the environmental impact of the vehicles they drive now have a means of redressing some of the damage. The Foster Foundation has developed the Greenfleet project which gives motorists the opportunity to donate $25 (tax deductible) each year so that seven trees can be planted on their behalf. It is assumed that this number of trees will absorb the carbon dioxide emmissions of an average vehicle. Trees will be planted in a variety of applications by both professional planters and community groups.

For more information about the Foster Foundation or Greenfleet call 1900-140-197 (75 cents per minute, mobile & pay phones extra).

WILDLIFE SANCTUARY SAVED

The Trust For Nature has recently purchased the Mt Elgin Swamp in Victoria, three square kilometres of red gum wetland previously threatened by clearing and overgrazing. The swamp is a haven for water birds, including the endangered freckled duck. It is an important biodiversity link between Victoria's Big and Little Deserts, filling only every two or three years when a huge increase in bird and plant life, including rare and endangered species, occurs.

A role of the Trust is to purchase areas of bushland and wetland and protect them for ever. Funds are raised for both purchase and ongoing maintenance.

For more information about the Trust For Nature, or to make a donation, call 1800-999-933.

SPACE AGE SPLOAT

If you pass this strange looking vehicle on your travels, no, you are not hallucinating! It is a fully functional interactive display incorporating the type of high-tech equipment used by modern-day adventurers into space, the Antarctic, under the sea, and into the most arid remote regions of the earth. It is a vehicle for broadcasting ecological education programmes in a fun way. Its purpose is to inspire people to venture beyond wherever their minds have gone before in order to create a clean green sustainable future for themselves and their children. The Sploat will tour the countryside as part of an educational display visiting schools, field days and special events. If you're lucky enough to spot the Sploat, take the time to stop for a look and take part in the action.



Richard and Wendy Friar ready to board the sploat, committed to making ecological education fun.

For details of the Sploat's itinerary and features contact Richard Friar on 0412-995-097.

GENETIC ENGINEERING FALLIBILITY

Reports from America indicate that Monsanto's much-vaunted and highly controversial Roundup Ready cotton, genetically engineered to resist extremely high concentrations of the weedicide, has failed to live up to its manufacturer's expectations. A number of farmers across at least eight states, including over 40 from Mississippi, have experienced significant losses, up to 40 percent of their crops in some instances. The USDA is said to have warned farmers against planting more of the genetically altered variety.

Also in America, following a decision by the Environmental Protection Agency a halt has been called to the planting of Biotech cotton, engineered to withstand the herbicide bromoxynil. Bromoxynil is a known carcinogen that kills non-engineered cotton varieties.

RECYCLED WOOL WASTE

Opened in Geelong (Victoria) recently was a fibre processing factory that salvages the waste from the wool scouring process and recycles it into compost and potting mix. What was previously a wasted resource amounts to about 35 percent of the weight of the fleece as it comes off the sheep.

ENVIRONMENTAL WEED ACTION

Regulations recently introduced will require all newly introduced plants to be assessed for their weediness potential. Many plants which are now environmental weeds were first introduced as ornamental garden plants, Paterson's curse being one notorious example. Progress in the field of biological control of some existing weeds is being made. Alongside this, the new regulations are aimed at preventing, as far as possible, future problems arising, as they did in the past, from lack of knowledge of plants' weediness potential and lack of control over garden imports.

FEEDBACK LINK-UP FEEDBACK

Dear GR Crowd,

I am a mother of two who really appreciates your magazine, it helps keep the budget under control, the kids healthy and me sane. I run a small cleaning business and a Dexter (cattle) stud; I sell home-made dog food (frozen) and am trying to get into soap making and selling, commerical herb growing and tree crops.

At the moment we rent a farm of 140 acres, with 40 acres of cultivation planted to barley. In the near future we hope to buy the place but we need help. We can service the loan as my husband is a security guard and has more work than he can handle, but we don't have a deposit and we only have a short time to come up with one. Our only idea so far is to **LEASE OUT OUR COTTAGE** (a one-bedroom unit on the property, near the house but fairly private) for five years to someone who wants to try the country life. As we need the money straight up for the deposit, we are prepared to sweeten the deal with free organic Dexter meat and most vegetables supplied from the garden (also organic). Maybe some sort of share farming deal could be worked out. Anything would be considered as everyone is desperate to stay here, my daughter has found a school she loves, we all have friends here and business is looking up.

On a less urgent note, can anyone give me some recipes for **SOAP WITHOUT CAUSTIC?** I am going to try making neem soap and with this in mind have planted some trees. Also, anyone who wants some Black Valentine bean seeds write to me and I'll send some out of next season's crop. I would like to spread this heritage seed much further, my mother has been growing them for years.

If anyone at all has a suggestion for me on self-sufficiency, how to own my patch of paradise, or soap making, please don't hesitate to write.

Jude Wright,
PO Box 1984, TOOWOOMBA 4350.
Ph: 07-4697-2277.

Dear GR,

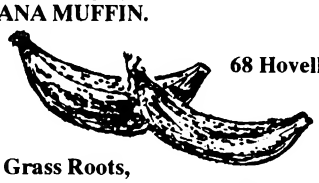
I wonder if any readers may be able to help me locate a **HAND-OPERATED 'PORKERT 2A-3' FRUIT PRESS,** made in Czechoslavakia. New or used. It is very suitable for wheatgrass, fresh herbs, bottled sprouts etc. I would be most grateful for any help.

Max Kleemann,
4/110 Second Ave, BROADBEACH 4218.



Dear Grass Roots,

I have a **MINIATURE PONY** who is rather cheeky and needs a job to keep him occupied and out of mischief. I am looking for some plans for a cart to make. If anyone has some I am extremely interested in the plans and costs involved. If anyone has a harness they no longer require I would also like to hear from them. Another thing that has piqued my curiosity is a card game called 'magic', or I think the other name is 'legend of the 5 rings'? I would like to know some further details: Can it be played with two? Any decks to sell. Also, a basic idea of the game to see if I might like it. All I know is you each need a deck to play. I would love some recipes for a delicious moist **BANANA MUFFIN.**



Katie Corboy,
68 Hovell St, YARRAWONGA 3730.

Dear Grass Roots,

Discovered this fantastic magazine about four editions ago and absolutely love it. My wife and I are slowly realising that the city life is not for us. Having talked about alternative farming it was a relief to discover such an informative magazine.

Our idea is to become involved with a working farm so as to recultivate and **REGENERATE THE NATURAL BUSHLANDS** whilst still having a working profitable farm. Programmes and articles that we have seen tell us this can be done without loss and in fact improvement in stock numbers and in the general wellbeing of the farm animals.

We would like to hear from anybody, especially in WA, who is actively seeking the same thing. We are both hard working (doing identical work in the trucking industry) with mechanical aptitude, a love of animals and a desire not to hurt the land but to renew it.

We are also interested in any Internet information that may assist us in our transition.

Pat and Sam Dunne,
40 Vidler St, CLOVERDALE, WA 6105.
Email: patnsam@space.net.au

Dear Readers,



I am hoping to correspond with anyone working in the area of **NATURAL THERAPIES FOR ANIMALS.** I am a vet, just beginning to learn about homoeopathy, herbs, Bach flowers etc. I would love to share case histories and encouragement with others more experienced.

Sue Robertson,
74 Lucerne Cres, ALPHINGTON 3078.

Dear GR Readers,

We are avid readers of GR and have read, over many issues, about all different types of people travelling this beautiful place we call Australia. We are planning to embark on an **OUTBACK ADVENTURE** in the year 2000 and would love to hear from anyone who has travelled up the Red Centre and across to Mt Isa, over to Cairns and down the east coast, via Sydney back home to Melbourne. We have heard it takes about 15,000 kilometres.

We were fortunate to win a 4WD camper trailer through a magazine last year and thought that a trip like this would see us use it to its best ability. We have a 4WD Range Rover and are planning children soon, so any advice, including tips and hints for a more comfy ride around Oz, would be very helpful. Please start writing now.

We also have a link to the Internet and a web site about camping and the great outdoors. Any correspondence sent via this service would be great. We hope to receive any snail mail or email soon. Everyone who sends us info will have correspondence sent back promptly. The Happy Campers from Melbourne.

Simon & Maresa Robbers,
1173 Centre Rd, SOUTH OAKLEIGH 3167.
Email: sandm@eisa.net.au
Web Site: http://www.eisa.net.au/~sandm/index.html

Dear Megg & Mary,

Just a short note to say how I appreciated the publication of my letter in GR 126 asking for someone to write to me. Up to the time of writing I have had 32 replies and have answered them all. It would take a full page to name each one of the very large GR family for their **LOVELY LETTERS.** If you have a spare space in a future magazine would you please print these few lines so that if someone else needs to ask for help, be it for whatever reason, let them ask and they, like myself, would feel as if they are among friends. Thank you all who wrote.

Rose Swanson,
PO Box 34, TOOGOOLAWAH 4313.

Dear Readers,

SPRINGWOOD HIGH (NSW) 1977 fourth form 21st reunion, November '98. Student list not complete. Please help. Call Michelle: 02-4754-4193, Debbie: 03-9748-7571, or Suzi: 02-4731-4672 after 7pm, 015-012-279 anytime.

Suzi Letherbarrow,
PO Box 6058, SOUTH PENRITH, NSW 2750.

FEEDBACK LINK-UP FEEDBACK

Dear Readers,

I have the information and the ability to construct an **ENVIRONMENTALLY FRIENDLY GENERATOR-MOTOR** which will supersede all known power sources and is cheap to make. Germany and Japan, to cite two examples, are going about introducing magnetic technology in a very expensive way, via superconductors, whereas I have started at the other end of the scale, with readily available permanent magnets.

While the industrial nations race for the 'grail' of high-temperature superconductors, they ignore the enormous potential of power from the humble magnet, a proven source of power discovered over 100 years ago. I have studied magnetics over the last fifteen years and am convinced of its viability, plus its being a major weapon in the war against pollution.

If you are really interested in saving our environment, I urge you to please contact me with a view to producing magnetic generators.

Keith Gundersen,
Alternative Industrial Magnetics,
PO Box 840, KATHERINE 0850.

Dear Grass Roots Readers,

After advertising far and wide to no avail I am turning to you. I am living in one of the most beautiful places in Australia. **BENDOC**, a village of around 50 souls, is situated in the mountain forests of Far East Gippsland, in the catchment of the mighty Snowy River. We border onto the superb Errinundra National Park. With mild summers and bracing winters Bendoc, though considered remote, is only three hours drive from Canberra. Six years ago I reopened the village's general store. In that time I have built up the business and had three children. With the kids so small I am finding it hard to run the business. I have had great support from the community and I know it would be a great disappointment to them if I had to close the shop. It is the only one for twenty kilometres. I am seeking a couple who could take on my shop. They need only pay for the stock (around $5000). The building has been newly renovated with a new flat attached. There is heaps of room for gardens etc. The property fronts onto a trout stream. For somebody, it could be an ideal lifestyle in a friendly community. Anyone interested in owning their own business somewhere out of the rat race please contact me.

Michelle Hartmeier,
Eagle Hawk Hill, Hayden's Bog,
BENDOC 3888. Ph: 02-6458-1502.

Dear GR Readers,



Congratulations to Megg and all past and present staff on reaching the 25th year landmark! Great work–most appreciated!

To Ruth Rosenau re **WHITE-TAIL SPIDER BITES.** Apply ascorbic acid powder (vit C powder) externally to the bite and megadose internally. (I'm sure this info came from Pat Coleby originally– maybe she'd be kind enough to remind us of dosages, please?). Thanks Pat for the info. I used it on a friend who had a bite on the ear, spreading halfway down her neck. Works well, even though I judged dosage!

If Eness Douglas would like to contact me re **GROWING ECHINACEA**, I'd be happy to pass on my growing notes. I'd appreciate hearing from anyone with **RAMMED EARTH BUILDING EXPERIENCES.** I've read all the articles in back issues, but still feel a bit wobbly about it.

Finally, for all who are weary of chain letters and have a love for a less-than-perfectly-obedient dog: 'This chain letter is meant to bring relief and happiness to you. Unlike most chain letters, it doesn't cost money. You simply send a copy to six other dog owners who are dissatisfied with the way their dogs are working or showing. Bundle up your own dog and send him to the dog owner at the top of the list, and add your name at the bottom of the list.

In one week, you will receive 16,436 dogs, and one of them should be a real dandy. Have faith in this letter. Do not break the chain. One owner broke the chain and got his own dog back.'

(Concept from the Flat Coated Retriever Newsletter, forwarded to the Central Hunting Retriever Club Newsletter).

Sue,
PO Box 44, KALBAR 4309.



Dear GR Folk,

Is it possible to make your own licorice? If so, does someone have a recipe they could send me? Also, are there any naturopaths who would be happy to correspond with me because I am working on a CSIRO Crest Award project and am trying to work out a balanced diet and develop some creams for my eczema, asthma, salicylate-sensitive brother.

Olivia Ireland,
PO Box 106, LONGFORD 7301.

Dear GR,

In February 1997, I was living alone with my three children in Queensland. I went out and picked up the February/March GR. While reading the magazine I came to the Contacts section in the back. I had never answered a **PERSONAL AD** before, but this time I decided to take a chance. I answered an ad that a gentleman from NSW had placed and was happily surprised when he answered me back.

Some time has passed since I first answered his ad. I wanted you to know that he and I got on very well and have been living happily together in NSW for some time now. He too has three children, so now everyone refers to us as the 'Brady Bunch'. So I just wanted to say thanks *Grass Roots*.

The Brady Bunch,
'Harwood', Bukkulla, via INVERELL 2360.

Dear GRs,

I would like to make a quilt using **CALICO FLOUR BAGS.** I am finding it difficult to locate these as many flour mills are now using paper bags for flour. Does anyone have an old flour bag lying around? I would really appreciate it and am happy to pay postage costs.

R Downing,
PO Box 1, FLAXLEY, SA 5153.

Dear Grass Roots,

Readers may be interested in a trial of **RECYCLED COPIER PAPER** currently running at a number of Australia Post outlets in NSW and Melbourne. Unlike all other recycled copier papers on sale in Australia, Canon 100 is made from 100% post-consumer waste. It is laser-guaranteed and retails for $8.70.

Two added reasons for buying Canon are the use of old-growth pulp in all Australian-made virgin copier paper, and the need to avoid Indonesian-made paper (described by the Boycott Woodchipping Campaign as 'an environmental nightmare').

The trial Australia Post outlets are: Greater Melbourne Area: Collins St East, Collins St West, East Melbourne, GPO Melbourne, Ringwood. Greater Sydney Area: Blacktown, Chatswood, Haymarket, Liverpool, Milperra, Minto, Parramatta, St Leonards, Silverwater, Sydney GPO, Sydney South, Taren Point, Wetherill Park. Rural NSW: Byron Bay, Dubbo, Lismore, Newcastle, Tamworth, Wagga Wagga. ACT: Canberra GPO.

I feel it is vital to make this trial a success, so that it can be extended to Australia Post shops over a wider area.

A number of community and environment-orientated organisations in Lismore are now buying Canon 100 regularly, which has resulted in dozens of reams being sold here. Please ask your local community centre and environment centre to use this product to make the trial a success everywhere.

Martin Oliver,
5/5 Anstey St, LISMORE 2480.

FEEDBACK LINK-UP FEEDBACK

Dear Megg,

As a one-time contributor to GR, my congratulations on GR sailing so successfully into its 25th year are very real. I contributed to issues 19, 22, 32, the *Bumper Book* and the *Family Book*. It was a paragraph in your then Land Link section, which was instrumental in my husband and I accomplishing the big 'drop-out' move to Nimbin at the age of 50, which in turn inspired the above contributions.

Now I'm on my own, coming up 73, living in WA and about to sell my comfortable little home and garden in this lovely country Taunton Farm Caravan Park; three hours south of Perth, twenty minutes from the Indian Ocean amidst the wine country. I've worked hard on this small place and in some ways am loth to move into town (Margaret River), but needs must, whilst awaiting a move back to the land again with my Rural Sustainable Village Project group.

I 'dips me lid' to you for the dedication, hard work and constant humour you brought to your creation of *Grass Roots*. May it, and you, continue on your uplifting and inspiring ways!

Pauline Williams,
PO Box 33, COWARAMUP 6284.



Dear Megg & Crew,

I am living on a property and help when I can with the running of it and with looking after the animals. As I am a chronic asthmatic with other health problems I am limited to doing light chores. I love cooking and gardening, craft of all kinds and sewing, I still make my own clothes, and some for my seven grandchildren. Just at this time of writing, I am in Brisbane having medical treatment and looking forward to going home to the country peace. Many thanks to all who make the magazine the treasure it is.

Margaret R,
Gumvale, BONSHAW 2361.

Dear GRs,

Myself, Katrina, and my two-year-old daughter Danäe are choofing along fantastically, but I decided that it was about time that I wrote, so here I am.

The reason I write is to ask about **BRAIDWOOD NSW**. I know that a couple of people from that area have written articles over the editions and I wondered if there were also some other readers willing to write to me and Näe.

At the moment we are living in Canberra but I want very badly to move over to Braidwood. I have only been there once but I loved the place. Don't ask me what it was but I'm hooked! Can anyone help me? Can anyone feed my curiousity, satiate my appetite?

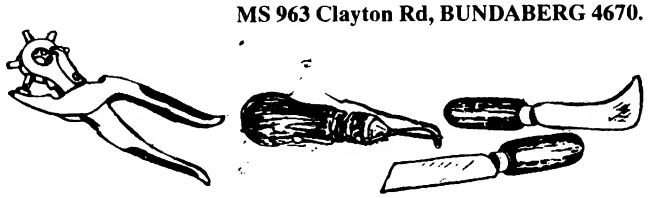
All who put *Grass Roots* together, you do a beautiful job. I love the magazine and just wish it came around more often, like weekly! But, I understand and am very forgiving. Bimonthly it is. Just keep up the great work and keep it all coming.

Katrina and Danäe,
8 Jordan Pl, WATSON 2602.

Dear Grass Roots,

I am a first-time writer, but have been reading your magazine for a couple of years. I often reread my back copies and wonder if the people that wrote to Feedback are still making a go of it out on their blocks. I am a single mum on a pension and was wondering if there is anyone with any unused or unwanted leather tools which I could purchase a bit cheaper than the new ones? I am a country lady born and bred and am hoping to return to that life one day, but money is the problem at the moment. I would also welcome letters from others, either in the country or on the pension, to help keep the loneliness at bay. All letters answered. Also I have extra copies of GRs 122, 118 and 58.

Lesley Cavanough,
MS 963 Clayton Rd, BUNDABERG 4670.



Dear GR,

My name is Natalie and my husband and I are new readers to GR. We too have a dream of being self-sufficient on our own little piece of paradise and we are working towards that dream.

We discovered GR not long ago, just through asking around different newsagencies about mags that are environmentally friendly and promote self-sufficiency. What a blessing you have been to us. We read and reread GR countless times. We wanted to say thanks for a great magazine. It is so inspirational to us and helps us keep our dream very much alive!

In the April/May issue of GR Feedback 'Itchy Feet' wrote about being able to find **PROPERTY IN THE NORTHERN TERRITORY**. Could you please let me know how you get on as my husband and I are eager to do the same type of thing? Where do we get hold of the Darwin paper? If you have any suggestions of where to look for property they would be appreciated.

Natalie & Todd Evitt,
5128 Werribee Rd, WOOROLOO 6558.

Dear Readers,

I have here a heating pad from my old water bed and was thinking along the lines of using it for a propagating thing (can't think of what to call it). Perhaps someone (Roberino?) could advise me. I have found I am annoyingly mechanically challenged but still give it a go.

Dawn Lambie,
8/6 Simon St, HASTINGS 3915.

Dear Grass Roots,

Hi everyone. My mum used to read GR years ago. She recently found a few copies at the local library, and now I'm a new fan! I'm 19 and studying nursing at uni with the goal of becoming a midwife. I am very interested in **NATURAL HOMEBIRTH**, particularly the spiritual side of birthing, and collect heaps of books and information of the topic. When I'm qualified I'd love to live in a small, alternative community such as Denmark in the beautiful south-west of WA and follow a self-sufficient lifestyle (wouldn't we all?) and practise my craft.

To pregnant women interested in homebirth, I suggest you read *Spiritual Midwifery*, by Ina May Gaskin, first published in about 1978 in the USA. I have my mum's old, battered copy and I've read it countless times. Whenever I feel a bit lost I pick it up and flick through it and the truth and beauty it contains always sets me right again. It contains anecdotal experiences of mothers and midwives and their spiritual homebirths. Unfortunately, it's pretty hard to obtain. I've searched markets and second-hand book shops for a spare copy, but it seems those who have it aren't letting it go, and I can't blame them! I finally managed to find a bookshop that can order it from a supplier overseas. Perhaps someone who reads GR can bear to part with a copy they no longer need for someone who does?

I would love to write to anyone interested in homebirth or in getting a copy of *Spiritual Midwifery*. I have lots of information to share and would be honoured to hear your experiences. Thanks for such an inspiring magazine. Happiness to all.

Serafine Nichols,
2/10 Gardner St, COMO, Perth 6152.

FEEDBACK LINK-UP FEEDBACK

Dear GR,

Thanks for a wonderful and informative magazine, it's well worth the money spent. My father and I have been reading GR now for close on four years. We hope to be reading it for a long time to come. Since we have acquired our five acres all the old copies have been quite helpful.

We've gone crazy and planted hundreds of trees, mostly native, with the exception of a few strays.

It would be really appreciated if any readers could help me out with any information on **BUILDING FLYING FOXES** and recipes for mulberries and olives. I need to know as well how to pickle olives.

D Schenk,
Lot 11 Finlay Rd, NANANGO 4615.

Dear GR,

At last we have joined the ranks! We have a farmhouse in the beautiful Dandenong Ranges on 20+ acres, with established chestnuts, plums, apples etc for a mere $40 per week! The added bonus is that the landlord wants us to stay forever if possible. Our home is 118 years old, full of character and comfort.

Has anyone got any ideas on **WHAT TO DO WITH CHESTNUTS,** apart from roasting? Shane is interested in making apple cider of the alcoholic kind. Any info would be welcomed. Cheers!

Colleen & Shane,
PO Box 626, COCKATOO 3781.

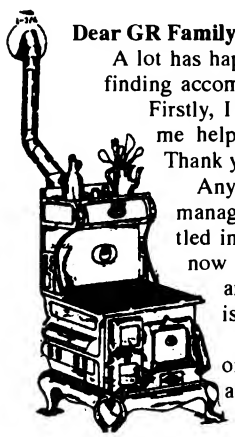
Dear GR Readers,

Again, GR is my last resort. Usually, I find what I'm looking for in my stack of GR copies, but this time I found only half. My search focussed on articles and contributions about the **GOOD FOOD COMBINING SYSTEMS** a la Hay, and the **NATURAL HYGIENE** approach. I found information about the first, but nothing regarding the latter. Although both approaches appear similar, the natural hygiene life philosophy has a different stance on consumption of fruits (when, how and amounts), and 'dairies'.

Anyone who is curious and wants to find out more about their beloved red meat and dairy products (amongst other info re the food industry and health), I can certainly recommend the two books I am aware of: *Fit For Life* and *Fit For Life Living Health*, both written by Harvey and Marilyn Diamond. Literally food for thought, I thought.

My hope now is to hear from people who have taken the natural hygiene philosophy to heart. We might exchange experiences, recipes, ideas. Perhaps, someone who has a subscription to this bimonthly magazine would allow me to have a read, or photocopy, or perhaps even buy back copies, anything really that provides me with more information re the antics the food processing industry is up to, and relevant information from the pens of H & M Diamond. If you think you can help me, please drop me a line.

Hanneke Krynen,
PO Box 112, JAMESTOWN, SA 5491.



Dear GR Family,

A lot has happened since I wrote last requesting help in finding accommodation for myself and my two children. Firstly, I would like to thank everyone who offered me help. It restores one's faith in human nature. Thank you all for your help and kindness.

Anyway, my partner and I have re-united and managed to purchase our own home. We have settled in, made some changes, cleaned up a lot and now have something to work with. Our chickens and ducks are settled in and our vegie garden is looking good.

I have another request for any information on using and cooking in an old fuel stove. We are really keen to get it going for winter.

Julie, Mark, Karleigh & Dylan.

Dear Megg & Hardworking Staff,

I felt I should inform you and other readers of the success with our 1998 summer tomato crop. Previous efforts were spoiled by blackbirds attacking the fruit soon after its turning pink. I told my wife it was a hopeless effort growing tomatoes. She solved my problem. 'Why don't you bring out from the barn the **SCARECROW** you made to entertain our city grandchildren?' In GR 117, page 31, Vicki McDonald's scarecrow article prompted me to create a most frightening looking scarecrow, complete with hat, dark glasses, bushy brown beard from our sheep fleece, gloved hands, old Fletcher Jones' trousers, plus gumboots. It alarmed us and visitors for a time, until I parked it in our barn. Placing it in the tomato patch this year at my wife's behest solved the pecking problems. We now have tomato, sauce, pasta sauce, plain preserved tomatoes and relish to keep us going until next year.



Don & Dorothy Myers,
55 Nash Rd, BUNYIP 3815.

Dear Readers,

What wonderful people *Grass Roots* readers are! I'd searched high and low for a book I'd read over ten years ago and so put an ad in the Grassifieds (not thinking I'd have much luck). Thank you Del Skinner for parting with your beloved copy of *The Skook* – your generosity has restored my faith in today's society.

Kim,
116 Knight St, SHEPPARTON 3630.

Hello To Everyone,

My first letter to GR was published in 1989. In that letter I asked for information about Tasmania as I was thinking of relocating in 1990. Well, the **CALL OF TASSIE** was too strong to ignore. So here I am eight years later, a Tasmanian through and through!

The move has been of mixed success, mostly wonderful. Emotionally, mentally and physically it has been an outstanding success and the best thing I have done, but! Financially it has been a total disaster. Luckily, there was enough money in the bank to pay cash for my beautiful almost–20 acres (half-bush) and get the expensive things done like the slab for the house, the septic tank and the electricity on, and I was able to get a small loan from my credit union to finish stage one of the house. Thanks to an inheritance, the finances will soon be in order to enable me to pay off the credit union and finish the house. Then I shall be able to live a comfortable life, finish the fences (necessary because of the goats and their habit of eating everything), plant trees and more trees and get myself some Murray Grey cows.

The thing I found extremely hard to take was being told I was **TOO OLD** (in my early 40s??) to be employed. Unfortunately, this attitude is still very prevalent, and with Tasmania's high unemployment does make life a bit difficult. Well, I have made unemployment work for me by using the system to get myself a tertiary education and training in using computers in an office situation. Still no work! Oh well, these things are sent to try us. To keep myself sane I do volunteer work (a sort of work for the dole scheme) three days a week. It is good for me and also very enjoyable.

Tasmania is a beautiful place to live and the people are wonderful, providing that you have the sense to take it easy and let them get to know you before making waves. My little piece of Tassie is situated in the West Tamar Valley, thirty-two kilometres from Launceston, and is to my mind the best part of Tasmania. The state is not the cheapest place to live. The Hydro has a policy of making low power users pay an extra surcharge for not using a lot of power (crazy isn't it), but for a relaxed, healthy lifestyle it is the only place to live with decent weather. Another major plus is the State Library system, it is marvellous, all the libraries are linked by computer and it is possible to request a book from anywhere in the state.

Brenda Harkin,
C/- PO, GLENGARRY 7275.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

Re Christine Berry and Jo Anne Kokas' article on rearing calves. Be very careful about grazing the **WEANED CALF** on lush clover or lucerne. Once the cream (oil) from the milk goes out of the calf's system, it will bloat, most especially if the calf is hungry and is let out on a drizzly day.



To Enid Davidson who needs her **SEPARATOR TINNED.** There is a firm near Melbourne, who used to do retinning. They were also agents for a well-known English separator, having bought the rights to manufacture. They are also a good bet to supply parts for old English farm equipment. Perhaps someone in the area could identify them.

Ken Cooper,
Colbe's, MURRURUNDI 2338.

Dear Grass Roots,

Having recently escaped to the bush after two-thirds of a lifetime slogging away in the city, I now have time to devour GR regularly. This is much needed therapy, nurturing my own preference for natural and simple ways of living in harmony and happiness.

Just loved the story in GR 126 from Betty Culver about the Filipino friend and neighbour in Hivesville, Qld. It typified the **REFRESHING VALUES** found in GR. Congratulations to Betty on her appreciation of difference and to Benita on her generousity in sharing her knowledge and skills in growing her exceptional garden.

We've developed a great passion for the **HEALTHY ASIAN FOODS**, and grow vegies such as Pak Choi, Kang Kong – a green for stir-fries – coriander, Vietnamese mint and lemon grass. These are a regular and much enjoyed part of our diet in curries and rice dishes. We'd love to know about any other Asian plants and herbs available, and recipes for these special gifts from the Asian region.

Judith Wood,
470 Gorge Rd, LOWMEAD 4676.

Dear GR & Gang,

This is such an inspiring magazine, I had to write again. I only wish that I had some idea or hint to pass on, but I know so little and am learning all the time about plants and growing things, chooks and orchards. Blow me down if I didn't find out you can keep chooks in your netted-in orchard and they don't raid the trees, only eat the windfall and weeds. I still have heaps to learn!

I'm still after people who use **HORSES FOR TRANSPORT** and working the land. I'm interested in the pitfalls and problems, but also the satisfaction and enjoyment, if there is any. It seems a better and environmentally friendly way of getting about short distances. I'm aware it would be hardly practical to use it to get to places like Perth. It'd take over a week to get there! Anyway, any information, stories or experiences would be greatly appreciated. I've plundered our library for information, even researching the Amish people in America. I hope someone can write to me.

Just as a side note, after 10 months without a stove, my Godin slow-combustion stove has finally been installed and connected in pride of place in my kitchen. I couldn't be more delighted. I have a particular horror of all those stupid ads where poor Mum is relieved from the tedious and arduous tasks in the kitchen by her beloved family in order that they can run away and eat fatty take-away food with hardly a real vegie in sight! I love to cook, it's one of the many pleasures I wish I had more time and money to indulge in. My family are at the moment drowning in an abundance of biscuits, cakes and custards as I indulge in all the pleasure I haven't been able to enjoy without a stove. In our house a roast, which is only bought when we can absolutely afford it, is a calalyst for inviting another family of friends over to enjoy it with us. There is nothing better than the traditions we all remember and hold dear – that sit at the dining table over wholesome, well-flavoured and if at all possible, homegrown fare. Does anyone else suffer (or enjoy) this particular love? Or am I the only nutter about who frets over the fact that my family can't possibly eat everything I'd like to cook?

Finally, thank you to all the people who wrote in response to my last letter. They were a grateful relief from the onslaught of ads and bills in the mailbox and I enjoyed them all. If there are others who'd like to write about the dream of being self-sufficient and turning it into a reality, I'd love to hear from you. Mind you, I'm sure there are more than two Sandgropers who have that dream. Where are all the West Aussies? Write in! Show your colours. Anyway, more power to you and your magazine. It's a great way of keeping us truly bolstered up.

Danielle Fowler,
5 McKenzie Dr, LOWER KING 6330.

Dear Megg & Mary,

I'd like to let GR readers know how much enjoyment I get through being able to go to private gardens which are open to the public through the **OPEN GARDEN SCHEME.** Entrance is usually only $3.50 and refreshments are usually served. I thoroughly enjoyed the two hours I spent at 'Renoir' at Forest Lake in Brisbane's western suburbs yesterday.

Also, if **LYN STEWART** of WA reads this, I have lost your address and mail sent to you at PO Box 160, Gin Gin WA has been returned. I would love to hear from you again.

Shirley Svensson,
516 Musgrave Rd, COOPERS PLAINS 4108.

Dear GR,

Could anyone please tell me where I would get **WHITE CLUMPING SWEET POTATO** and **WHITE CHOKO** to grow. I wrote to the *Sunday Telegraph* for information about these two tubers but received no replies. Has anyone made the hooked rug from page 23, GR 31? I am ready to start but don't know what to do at each end of the row. Also, has anyone in my area got GRs 1 to 11 that I could photocopy and return?

Sandra Burke,
C/- PO, MACKSVILLE 2447.

Dear GR,

I've only recently discovered the magazine and I really love it. I was hoping readers might be able to help me. My daughter, son and I all have Candida and are on a **CANDIDA DIET.** Maybe your readers could help me with a few recipes which are wheat, dairy, yeast and sugar free. These are just a few of the things we can't eat, but if you've ever been on a Candida diet you'll know exactly what I'm talking about. My daughter is four and my son is one. Any help would be greatly appreciated. I could even send the few recipes I have in return.

I have had tremendous help from the book, *New Dimensions Recipe Book*, by Dr David A Phillips. I'm starting to realise what damage you can do to your body and health by eating the wrong things – commercial ice cream for instance has to be thrown out if it thaws, because of a chemical interaction. Imagine what happens when it thaws in your stomach – yuk.

Thank you for a great mag – I haven't bought any of the other drivel on the market since I've discovered GR.

Liz Kennedy,
Lot 1 Majors Rd, NANANGO 4615.

Dear Editor,

Thank you to all who wrote with advice on bunions and possums. Also, does anyone have any knowledge re **INDIGO JONES'** long-range weather forecasting? Also prayers said for Mr Laurie Williams of Bowen, in his search for a cancer cure.

Doreen Henderson,
8 Lakeset Dve, TRARALGON 3844.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

FEEDBACK LINK-UP FEEDBACK

Dear Readers,

Does anyone know the address (or indeed if it's still being published) of the American magazine **MOTHER EARTH?** I've tried my local newsagent – no joy! Also I sent to an old address (obviously) in the USA, and my letter was eventually returned. I've read some old magazines (10-15 years old) and thoroughly enjoyed them. Hope someone can help, and thanks for the magazine.

Ineke Bell,
PO Box 1224, MAREEBA 4880.

After Megg's mention of this in Gumnut Gossip GR 128, we received a letter from June Connelly telling us that Mother Earth News is still being published. June also warns that the service from America is very poor. The address for anyone who wants to try their luck is Mother Earth news, PO Box 56304, BOULDER COLORADO 80323-6304



Dear Grass Roots Folk,

We have moved into our oasis. Winter has well and truly arrived. We leave for work in the dark and come home in the dark, but even so I am making progress on establishing my **PERMACULTURE BACKYARD**. We are planting bird-attracting plants around the edges for help with pest control (and because I'm a bird watcher). I have begun setting out a mandala as described by Linda Woodrow. I've got potatoes in and cabbages, broccoli and Brussels sprouts with nasturtiums to disguise them a bit. It is far too much of a monoculture, I know, and I'm a bit late for the nasturtium seeds, a bit early for the potatoes. But even if this is a dud, it gives me the illusion of progress and that is really important. I just had to have something growing. I will plant a few dwarf peas in between to break it up a bit.

Whatever the problems with that bed at the moment, the wrens don't seem to mind. All day they flit in and over the bed, giving me a hand and filling my day with delight. A nesting site for them is very high on my list of priorities. White plumed honeyeaters also come into the bed and do their bit – I didn't expect that so soon! Michael (my husband) says that word is out my organic restaurant is open for business!

Today we assembled the frame for our chook tractor. It is rather attractive, if not terribly subtle. Glaring white pressure pipes in the form of a dome (again described by Linda Woodrow). It gave the man at the hardware store a giggle when I showed him what I was after and why. Emma (9) is jealous of the chickens, she thinks it would make a brilliant cubby. It took us hours just to get the frame done and half-braced. I'm glad I spread the construction out over a few weeks in my planning! We are not terribly efficient with practical things yet, but there is plenty of opportunity for practice. Most importantly, I am beginning to be able to picture in my head how my permaculture can co-exist with the plans of the other members of the family.

I think I might be making progress with interesting my computer-nerd husband in something approaching an alternative lifestyle. He has suggested that rather than devoting our resources to a big expensive renovation/extension on this house, we use the money to buy the house next door which has almost as much land as ours. That would give us about 2700 square metres. I wonder if he knows I am considering buying a milking goat if we do that?

Sue Kozianski,
20 Hilltop Cres, CAMPBELLTOWN 2560.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

Dear GR,

A neighbour visited me recently and brought his Blue Heeler along for the fun. Before we could stop him the dog had systematically urinated on the four corners of my garden. I didn't think too much about it at the time, but as time went on and all the plants near the corners of my garden began withering, browning and dying I can only think that there must have been some malevolent substance in the **DOG'S URINE.** Have any GR readers experienced this problem? Since not having cats and dogs for a few years my garden has improved out of sight, so it's got me wondering if there may be some connection.

If you've ever been in a real drought you'll know how precious water can be. During a year a lot of water gets used for cooking. You can save quite a lot of water over a year by simply **STEAMING VEGETABLES** and you also get more goodness remaining in them, and they remain greener and crisper. You win all round. When the water in the pan cools you can use it on the garden, something you can't do if you do it the traditional English way with lots of salty water. You can put various vegies in the top steamer without mixing flavours too. Pasta or potatoes can be cooked in the water in the saucepan simultaneously with the vegies in the steamer.

Steaming vegetables is an old trick if you are not too confident of the purity of the water, as the steam and water from the steam when it condenses on the lid are considered free of contamination.

Has anyone done in-depth studies on **HUMAN HAIR?** Why does it grow in the places it does? Why do some people cut their hair and others never cut it? What was head-hair's original reason for being, what evolutionary reason could there be for it being so strong and so long, so many colours, some people with much more hair than others? It doesn't really add up.

OK, everyone is told it's to keep you warm and it looks good, especially if you don't have any. Many religious reasons to cut or not to cut, but why? And if you cut it off lice can't breed in it. There are many unanswered questions so I thought I'd ask a few more. Who knows?

The oldest farmhouse in Australia, **SETTLEMENT FARM COTTAGE,** is worth a visit if ever you go to Parramatta. The conditions that early settlers faced, in many ways, are still the same as we face today in the bush.

For example, the Settlement Farm Cottage is built on a small man-made (womanmade?) mound about a metre above the surrounding land, and this technique is still a good idea to ensure that the rainwater drains well away from the house foundations and footings and sewage and sullage also drain away with less problems.

Verandahs on all sides protected the walls from leaks, rot and rising damp, as did the raised earth podium already mentioned. Another usual feature of early farmhouses was a galvanised iron fence, the height depending on what they wanted to keep out and the degree of isolation of the house. My grandmother, when a child playing in the garden, had to run inside the house to safety when spears came over the five-metre-high corrugated iron fence. Little wonder it was five metres high! Later in history when things calmed, lower fences were useful to protect the vegie garden and chooks from foxes, rabbits, dingos and so on. They still are.

With growing numbers of burglaries in the bush, some friends of mine reckon they wouldn't mind a five-metre-high fence to keep out the unwanted. Whether your 'compound' fence is two or five metres high, it certainly would ensure privacy, security and provide a good fire break in times of bushfires.

Roberino,
Lot 24, ARRAWARRA BEACH 2456.

Dear Readers,

Has anyone worked on **MASANOBU FUKUOKA'S FARM** in Japan? And/or does anyone know any natural farms inspired by Masanobu that are in Australia?

Ingrid Hillman,
PO Box 316, BELGRAVE 3160.

Index Nos 123-128

KEY
◆ - article (quarter page or more)
† - reference (referred to in econews,live-stock page, etc)
* - feedback
® - book

AAAAA
agriculture,
brix testing 124:42*
Buying a Farm 126:27◆,127:29◆, 128:17-18◆
Chesterfield Farm 126:61†
farming, biodynamically 128:3◆
native grasses in pastures 126:71-72◆
rural training videos 126:4†
seed sterilisation 128:36†
soil deficiencies 126:74†

aquaculture
fishing sustainability 123:36†, 127:36†
Great Barrier Reef, nutrient sources 127:36†

BBBBB
building
The Beginner Renovator 124:78®
dung floor 124:60◆
fencing, beginners 124:63-66◆, 125:61-63◆, 126:65-66◆,127:1-63◆
furniture from recycled timber, marketing 123:53-54◆
heat reduction house 123:33◆
home concreting 123:59-60◆
house around a tree, the cooch house 123:61-63◆
log houses 126:4†
passive solar design of buildings 128:65†
The Personal Feng Shui Manual 127:68®
poured earth house 127:15-16◆,128:11-12
rejuvenate your home 127:66†
roofing shingles 123:37*
scales 128:34◆
shelter for sheep 128:56-58◆
stone wall 128:48◆
windmill tower, how to raise 127:25-26◆
wire straining tool 125:66†
workshop hints 126:58◆

bushfires
Community Fireguard 124:29-31◆

CCCCC
children
Alice and Aldo 128:49®
Angels 124:51®
animal crackers 126:53
Antarctica/icebergs 127:48◆
behaviour problems & diet 123:13◆
Easter symbols 126:51†
Emperor 127:48®
fire safety 125:49†
fruity minty carob eggs 126:51
gastroenteritis & energy drinks 123:14◆
goanna pasties 126:53
How do Your Children Grow 128:67®
The Human Body 125:49®
natural baby care 123:47*
One Less Fish 126:51®
penguins 127:48†
pet horse 128:49
Rexa Goes Wild 128:49
sausage rolls from heaven 126:54
The Tasmanian Tiger 125:49®
tigers 125:49◆
What Kind of Child are you Bringing Up? 128:67®

Christmas
decorations 124:25-26◆, 124:58◆
garland 124:16◆
stockings 124:11◆
xmas biscuits 124:51
xmas food on a budget 124:53◆
xmas pudding, ice-cream 124:59

community groups
Australian Harvest Herbs 127:21†
Cancer Sufferers Support Group 125:39*
Centre for Environmental Law 127:36†
Community Fireguard 124:31
Community Interlink 127:44*
distance education system 125:27-28◆
Food Safety Campaign Group 123:54
Green Games Watch 2000 125:36†
LETS, Warrnambool 126:47*
ME/Chronic Fatigue Syndrome Society 125:40*
Natural Alternatives Through Undertaking Research and Education 126:10†
Nimbin Aquarius Festival Assn 127:30◆
Seed Savers, Volunteers Abroad 126:10†
Switch Off And Play 125:38*
VISE (Volunteers for Isolated Student Education) 126:49*
WWOOF(Willing Workers On Organic Farms) 126:8†

craft
blanket, hexagon 127:13-14◆
daruka slippers 128:25◆
doll chair 127:27-28◆
gift boxes, cardboard 123:12◆
life size characters 123:25◆
puppet theatre 124:33-34◆
quilt making 125:64-65◆,125:69®
soap, French hand-milled 126:15-16◆
wind chimes 127:39*

EEEEE
environment
air-conditioning, natural & economical 125:22◆
Amazon rain forest 126:39†
Asian 'green revolution' 124:31◆
biodiversity strategy, Victoria 127:36†
broom seed eating beetle 128:36†
coffins, environmentally sound 128:64†
cotton cropping 126:39†
damaged reefs, scuba diving 125:36†
Earth Sanctuaries 123:5†,123:6-8◆, 126:67-68◆,124:13-14◆
endangered animals, Australia 124:40†
global warming, increase tropical cyclones 124:40†
greenhouse impact, on forests 127:36†
hotels, environmentally friendly 125:36†
indoor pollution 125:36†
Listen Our Land is Crying 125:69®
methane as energy source 123:36†
plastics in the ocean 124:40†
Seed Savers, volunteers abroad 123:22◆
septic cleaner, natural 124:72†
sewage treatment 125:36†
toilet, mini-composting 124:72†
tree-clearing 125:42*
tree day 128:16◆
wet lands, restoration 126:39†
World Environment Day 127:10◆
woodlands, fungi 127:36†

esotericism
The Astrology kit 127:68®
The Dolphin Within 126:77®
pendulums 126:35◆
pyramids 127:57◆
The Secrets of the Rainmaker 127:68®
zener cards 125:24◆
ethical investment
Amnesty catalogue 123:64
Earth Sanctuaries 123:6-8◆

GGGGG
garden and farm
avocado 126:32◆
Beautiful Gardens with less water 124:78®
blackberry management 125:53◆
bog garden 123:11†
carnivorous plants 123:9-11◆
cashew nuts 125:23◆
chamomile lawn 127:33◆

Cheap and Easy Propagation 125:69◎
community garden, setting up 123:47*
date palms 128:26◆
eucalypts 128:34◆
The Feng Shui Garden 128:67◎
fruit trees, in poor soil 127:55-56◆
gardening hints, Jose's 124:17-18◆
Ginseng Growing in Australia 126:77◎, 128:19-20◆
globe artichoke 125:47-48◆
Happy Roses 128:65†
hemp, industrial 125:45*
horseradish tree 124:48*
lime,West Indian 128:28†
marigolds 125:26†
mineral fertiliser 125:66†
okra 123:24◆
pawpaw 123:46*
permaculture, artifacts & animals 123:19
Peruvian parsnip 124:67◆
pigeon pea/arhae 123:5-17, 58◆, 128:38(f), 128:39*
pine cone retriever 128:68◆
pistachios 126:63-64◆
poison pellets 123:14†
poor man's bean 127:22◆
500 Popular Shrubs & Trees 127:68◎
raspberries & brambleberries 124:23-24◆
sandy soil gardening 128:61-62◆
sapote 123:46*
seaweed, using 126:62◆,127:11◆
self-sufficiency, Filipino-style 126:19-20◆
sericulture 127:51-52◆, 128:53-54◆
seven-year beans 124:57◆
siris tree 125:57◆
small area 126:37◆, 128:23◆, 127:17◆
strawberries, growing organically 125:9-10◆
Successful Gardening in Warm Climates 125:69◎
thymes 128:55◆
tomatoes 124:22◆,124:78◎
trees 124:10†,125:25-26◆
Useful Bush Plants 123:68◎
Vegetables, Small Gardens & Containers 124:78◎
water bags 128:64†
water gardens 126:13-14◆
weeds 126:41*
wind barriers, grains as 123:60†
worms 126:74†, 127:56†

HHHHH

handy hints

corn cob tea 128:23†
drought survival 125:60†
family letter 124:50*
household product alternatives 123:17-18◆
leftovers 123:18†
smoke alarm, ultra-loud 125:66†
soap ends 125:38*
whitewash 126:73†

health

autism 123:45*
acne rosasia 123:45*
arthritis 126:43
ball for back pain 124:72†
bananas for stress 124:16†
bull ant stings 123:38*
cancer, broccoli sprouts 127:60
chronic fatigue 123:47*
cataract surgery 124:15-16◆
chemical sensitivity 126:45*
The Columbia Presbyterian Osteoarthritis Handbook 126:77◎
Crohn's disease 127:43*
The Daily Relaxer 123:68◎
Eight Weeks to Optimum Health 125:69◎
fruit remedies 126:33◆
Feingold diet 123:13-14*
Food Safety Campaign Group 123:54◆
gluten free diet 128:31-32
genetically engineered food labelling 128:36†
Good Food for Diabetes 127:68◎
grape cure 127:45*
handcream, beeswax 123:37*
hangover relief 126:66◆, 127:21†
The Headache & Neck Pain Workbook 127:68◎
Healthy Bones 124:78◎
home safety 128:60◆
The Human Body 123:49◎
indigestion, natural remedies 124:12◆
iris for potpourri 125:26†
Juggling Sore Joints and Babies 128:67◎
kombucha tea 125:37*,127:40*
The Little Book of Wellbeing 128:67◎
Looking After Ourselves 127:68◎
lupus 123:45*,124:43*,126:50*
massage 123:11†
Mind Over Malignancy 126:77◎
The Oriental way to Health 123:68◎
pain relief, natural 126:24◆
restless leg syndrome/cramps 126:42*, 127:60†, 128:38*, 128:39*, 128:44*
Self Help Cancer Cure 126:77◎
shingles 124:43*
SIDS revised risk factors 123:54
skin care recipes 124:76◆, 125:26†, 125:68◆, 126:38◆, 127:34◆
snails, causing death 128:38*
St Johns wort 128:64†
sun damage, teenagers 127:60†
Traditional Foods are your Best Medicine 127:68◎
Understanding Diabetes 124:78◎
vegetarianism 127:60†
vitamin D 127:60†
What Risk? Science, Politics and Public Health 128:67◎
whitetailed spider bite cure 123:45*
wild yam cream 123:64†
The Zone Therapy Way to Improve your Health 125:69◎

herbs

dream cushions 127:66†
healing herbs 125:11-12◆
lavender, farming 125:29-31◆
Lavender Nature's Way to Relaxation & Health 125:69◎
lavender to eat 125:16◆

KKKKK

kitchen craft/household

American Medical Assn Family Health Cookbook 126:77◎
bread making, hints 126:28†
cheese-making, 123:64† , 127:40*
cider 123:29◆
cooking ingredient alternatives 123:17◆
dahl preparation 123:58†
dandelion coffee 125:26†
drying, fruit & vegetable 125:46◆
eggs, preservation & storage 123:30◆
faggots 126:41*
furniture polish & cleaners 123:66◆
100 Great Stir-fries 123:68◎
Good Enough to Eat 124:78◎
Good Fats Bad Fats 124:78◎
one-pot cooking 123:51-52◆
laundry stones 123:64†
lighting 127:64◆
meals from scraps 125:58◆
pickling, vegetable & fruit 125:50◆
pulses, cooking with 128:50-51◆
retirees 126:57◆
salad flowers 125:26†
Searching for Spices 126:77◎
slow combustion cooking 128:27-28◆
Smoking Food 125:69◎
soya beans, genetically engineered 125:20◆
stain removal, carpet etc 124:32◆
vegetables, steaming 127:60†
washing stones 127:66†
Weight Watchers Quick Family Meals 125:69◎
window cleaner 124:27†
wine, canned fruit 124:39◆
woolly cooker/cooler 124:72†
yogurt, easy 126:50*

LLLLL

lifestyle

childhood Grass Roots 126:17-18◆
Cottonwool Sandwiches 126:77◎

Darwin, travelling 126:6-8◆
GR first issue cover story reminisce 127:6-8◆
I Remember, Then There was The Time 123:68®
junk collecting 125:67◆
The Life of A Country Vet 123:68®
migration to rural NSW 123:15-16◆
on the road, hints 124:50*,127:9-10◆
Outdoor Survival Skills 124:78®
Russell Island 124:6-8◆
setting up house, budget 128:29-30◆
shed living 123:23◆
suburbia Grass Roots 125:52◆
swags 126:74†
travelling 128:15◆
Workabout Australia 126:77®

livestock
The Basics of Angora Breeding 128:67®
cattle
bloat 123:55◆,123:26†
British White 13:56◆
buffalo fly 123:35†
calving 126:25-26◆
Dexter 128:13-14◆
house cows 126:59-61◆,127:53-54◆
milk fever 125:35†
tanning solutions 123:37*
camels
mange cure 123:35, 127:35†
horses, garlic 128:35†
leaving 128:35†
pigs, sick 127:49◆
rare breeds, choosing 123:31-32◆
sheep
backyard 128:35†
kikuyu grass 126:40†
milking 123:46*
yabbies & redclaw 124:35-37◆

MMMMM
motor vehicles
greenhouse emissions 127:36†
low-emission vehicles 124:40†
natural gas 126:39†
unleaded fuel, safety of 124:49*

music
Keep Life Simple CD 127:66†
marimbas 125:59◆

PPPPP
pests
bird netting 125:66†
cats 127:40*
chooks & ants 125:17-18◆
domestic animals 126:30◆
fencing to protect native animals 124:40†
fire ants 123:46*
fly traps, three simple 124:10◆
heliothis grub infestation 123:36†
jumping ants 123:40*
larkspurs as repellent 124:24†
mosquitoes 127:44*
mouse traps 128:64†
nematodes, organic management 123:36†
organic farm sprays 123:64†
organochlorine pesticides cease 123:36†
pear & cherry slug control 128:66◆
pesticide traps, food grade 127:66†
possum-friendly transformer 124:40†
rabbit repellent, from eggs 124:40†
repel flies, basil 123:35
repellent, wristband 125:66†
Safer Pest Control 123:68®
woodgrubs 123:45*

pets
birds, seed balls 127:41*
cats, urinary tract 128:10†
dogs
anti-barking device 124:72†
composting 126:26◆, 126:46*
Lets have Healthy Dogs 127:68®
natural diet 123:35†, 127:67◆, 128:42*, 126:11-12◆, 127:35†
urinary distress 124:41†
Envirocat 124:78®
first aid 128:9-10◆
goldfish, keeping 125:19-20◆,127:42*
pigs 127:35†
rabbits, keeping 124:27◆

poultry
battery hens,UK phase-out 125:36†
chook house 128:64†
ducks, aggressive 124:41†
eating eggs 125:35†
gourmet scraps chook food 125:33-34◆
organic chook food 123:45*
peafowl 125:35†, 128:35†
rare breeds, practicalities 124:61-62◆
scaly leg 123:35†
sexing124:41†
Silver Campine 123:34◆
storms 126:40†

power alternatives
energy boosting products 128:65†
new solar technology 124:72†,125:36†
no-battery torch 128:65†
solar boating 124:26◆, 126:72◆
suntracer controls 127:66†
tidal power generation 124:40†
wind farm 125:36†
windmill, fixed sail 125:55-56◆, 128:37*

RRRRR
recipes
beverages,
apricot & vanilla drink 125:60
berry vinegar 124:8
blackberry cordial 125:54
Christmas drinks 124:28
cider 123:29◆
iced melon crush 125:60
swirly smoothie 123:49
tangy citrus punch 124:52
bread
healthy lunch loaf 127:12
Irish soda 126:52
lemon yeast 123:48*
savoury flat 126:52
sourdough 126:52
wholemeal grain bread 127:12
sweet treats,
blackberry sorbet 125:54
fruity balls 124:52
glace fruit 123:27-28◆
macadamia & ginger balls 124:54
simple baked dessert 127:50
strawberry pawpaw scrumpchie 123:50
Xmas candy 124:54
cakes & biscuits
stained glass Christmas cake 123:28
savoury snacks
broad bean paté 124:52
carrot stuffed potatoes 124:52
cheese straws 124:53
curried nutty snack 124:52
easy egg pies 123:49
marinated asparagus 123:50
pickled eggs 123:50
quiche 126:54
savoury bread cases 124:52
shortcrust pastry 126:54
tasty poultry bites 124:52
main course
cottage cheese loaf 123:50
fish stew 123:50
lentil casserole 127:50
rabbit, bacon & tomato hotpot 127:50
tofu pie 123:50
tofu shepherds pie 127:48
winter vegetable casserole 127:50
salads
leek salad 123:50
tabouleh 124:54
temptation salad 124:54
preserves
apple cider vinegar 127:19-20◆
apricot relish 124:76
banana relish 125:51
blackberry & beetroot chutney 125:50
blackberry vinegar 125:54
loquat jelly 123:50
pawpaw and choko chutney 125:51

pepper relish 125:50
pickled beans 125:51
pickled peaches 125:50
plum sauce 124:76
rosella jam 128:22◆
tomato relish 125:50
soup
flax 123:52
green tea 123:51
seaweed 123:51
seasonings, Xmas 124:53

recycling
carpet 123:65, 125:39*
coins 123:65
flyscreen mesh 128:52◆
milk cartons & tissue boxes 123:65, 124:59◆, 126:50*
potato sack mats 126:36◆
sewage sludge to worm castings 128:36†
soap 125:41*
wine bladders 126:48*
wooden ice cream sticks 126:55-56◆

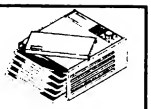
SSSSS
small business
Going Solar, Eco Emporium 126:23◆
starting a herb nursery 124:19-21◆

WWWWW
water
appliance, pure 126:74†
Glockemann pump 124:69◆
groundwater contamination 128:36†
permanent syphon 126:69◆
small shower head 125:42*
tanks, cleaning 127:58◆
tapping a dam 124:55(a), 126:70◆
water storage, cheap 124:75

wildlife
bilby 126:51◆
brushtailed rock wallaby 123:36†
central rock rat 125:36†
dugong, endangered 124:40†
emergency care of 127:31-32◆
endangered species, help 126:51†
sea lions, 126;39†

wood
efficient heating 123:36†
firewood, growing 126:31-32◆
natural fire starters 123:64†
phone book timber 126:39†
Wood Carving with A Chainsaw 123:68◆
wood hutches, cheap 125:21◆
woodlands, ironbark 126:39†

Excalibur



Food Dehydrator

Vegies~Meat/fish~Fruit leathers~Raising bread~Making yoghurt~Arts/crafts~Flowers

Features include horizontal airflow; large capacity interior; adjustable thermostat.

* Model 2900: $390 + postage
Dries up to 18kg per day
* Model 2500: $340 + postage
Dries up to 11kg per day

"Preserve it Naturally" - 140p. instruction book included in price

For more info & brochure:
Excalibur Box 203, Tolga. 4882
Ph/Fax: 07 4093 3754

PERMACULTURE

Design Course Nov 1-14, Jan 6-19
May 2-15 with Robyn Francis & guests
3rd Wld & Indigenous Course Oct 5-9
Bushfoods Workshop Oct 17-18
Regular tours & Intro Workshops

DJANBUNG GARDENS • PERMACULTURE EDUCATION CENTRE • NIMBIN

Details contact:
PERMACULTURE EDUCATION
at Djanbung Gardens
PO Box 379 Nimbin
NSW 2480 Ph 02-6689 1755

The Food Forest



INTENSIVE COURSES

Full-day practical courses on weekends taught by Graham and Annemarie Brookman and guest presenters at **The Food Forest**, a 15 hectare Permaculture Farm on the Gawler River, S.Aust.

P.O. Box 859, Gawler. 5118.
Ph/fax: 0885 226 450

Fruit and Nut growing	*11 Oct*
Australian Bush Foods	18 Oct
Organic Vegetable growing & Free Range Poultry	*1 Nov*
Composting toilet and Reedbed Systems	15 Nov
Permaculture Design Certificate Course	*Summer '99*

"Happiest is he who hath the power to gather wisdom from a flower"

The Australian Herbal Connection Network

SUBSCRIBE NOW! to the
Australian Herbal Connection Newsletter

The FIRST newsletter/magazine for the herb industry - for growers, manufacturers, practitioners and home growers. This is a bi-monthly publication.

The Australian Herbal Connection Network
RMB 1135C, via Wodonga, Vic 3691
Freecall 1800 819565
Email:
herbs@dragnet.com.au

MOBILE CHOOK & ANIMAL RUNS

These mobiles have been designed, manufactured & marketed by us since Sept 1992

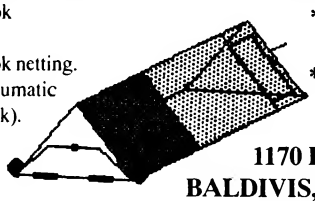
STANDARD SIZES	PRICE *assembled*	PRICE *kit form*
3 CHOOK *1500mm L 900mm W 800 H*	**$170**	**$170**
6 CHOOK *1800mm L 1500mm W 1200 H*	**$295**	**$295**
12 CHOOK *2500mm L 1500mm W 1200 H*	**$345**	**N/A**

Kit form units are made up easily, just 8 small bolts and 3 screws, 2 people 5 minutes. Come flat packed for cheaper delivery.

CONSTRUCTION
Frame - Mild black angle iron & flat steel.
Shelter - .6mm flat zinc 3 chook & corrugated others.
Netting - 25mm x 25mm chook netting.
Wheels - 250mm x 77mm pneumatic (no wheels on 3 chook).
Paint - Dulux black.

EXTRAS
Door in wired section - $50. Fox proofing - $25.
Delivery costs on application.

W.A.POULTRY EQUIPMENT
POULTRY EQUIPMENT
*** Manufacturers**
*** Importers**
*** Retail**
*** Wholesale**



1170 Baldivis Rd,
BALDIVIS, W.A. 6171.
Tel: 08 9524 1251
Fax: 08 9524 1716

FEEDBACK LINK-UP FEEDBACK

Dear Editors of Grass Roots,

You have just gained a new reader to your magazine. A friend recommended it to me and I am hooked. I have read and reread the articles already in the several days since I bought GR. I am very interested in gaining information on **STRAW BALE HOUSES** and **YURTS** (round houses). I hope you can give me a hand with this.

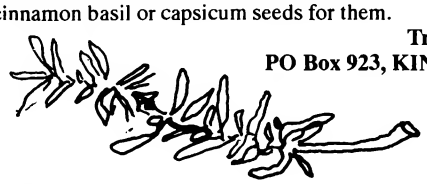
Jennie McInnes,
RMB 4068, WODONGA 3730.

Dear GR,

Way back in about 1992 or 3 I was given a back copy of GR. I browsed through, decided it wasn't for me and put it on a shelf to collect dust. More fool me! I now regard this wonderful magazine as one of my gardening 'bibles'. I only seriously started reading GR in 1995 when we bought our 40 acres. I could have been getting all this information and inspiration all along.

I have been trying to get some **ROSEMARY SEEDS**, but have been unsuccessful. If someone can spare some I can gladly exchange some cinnamon basil or capsicum seeds for them.

Tracie Matthews,
PO Box 923, KINGAROY 4610.

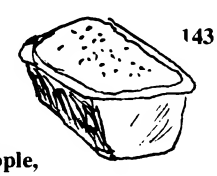


Dear GRs,

T E & T Maher-Brooks re **ADD**. Try reading *Understanding ADD*, Doubleday Books, by Dr Christopher Green and Dr Kit Chee. It's an easy and light way of reading about a serious subject. Yes, they do talk about drugs. Read it all and understand, even if you don't want to use drugs. Please also delete all artificial colourings, flavourings and chemicals from food. Any food allergies as well? Use this as a base then keep hunting for the best help that suits you. I have done lots of reading, diet elimination (and gradual re-introduction), counselling and some mild drug help for a short time despite it not being my first choice. I have seen a great improvement in my son's ability. He is only a mild case. Hope this helps.

Does anybody need no/gluten/no dairy recipes? I can help. I am a sole parent of three small children and live in suburbia on the Gold Coast. I am a GR person at heart and lead a healthy and a eco-friendly lifestyle. Perhaps you can help me now. I am a personal assistant and chef to a horticulturalist and want to rent ASAP or rent/buy my own piece of GR paradise on the central coast near my children's schools and job; to establish a vegie garden and a little peace at a good price whilst saving for our future. Also, would love to meet GR people on the Gold Coast to help, learn from or become friends with.

Caroline Dalgleish,
143 Bamboo Ave, BENOWA 4217.
Ph: 07-5539-3434.



Dear GR People,

I have recently come across a supply of **BREADMAKING FLOUR** that doesn't need to be kneaded. It's great. There's lots of varieties including gluten and yeast free, pita breads, foccacia and free recipes. For your interest it's available from John & Viv Lyon, 6 Duporth Ave, Maroochydore, Qld, 4558. Ph: 07-5443-6401. They have a price list of all their stock which they will send to you and they're lovely people too.

Also, our local Beaches LETSystem, which serves the areas from Caloundra to Noosa on the Sunshine Coast, Qld has members offering accommodation, B&B, homestay to all Australian LETS members for all LETS units (no money) and they have a member with a seafood restaurant who charges 50% dollars/50% LETS for all meals and drinks. A copy of the LETS Travel Australia Guide is now available to LETS members and includes info on LETS accommodations all over Australia. For any of this information send an SAE envelope to their new address: Beaches LETS, PO Box 885, Buderim, Qld 4556.



K Gregg,
PO Box 428, MOOLOOLABA 4557.

Dear GrassRoots,

I refer to Fhyonna Fallon's letter about **VEGETARIAN DIETS FOR ANIMALS.** Yes, it is possible. A Melbourne shop called Vegan Wares (78 smith St, Collingwood, ph: 03-9417-0230) stocks a line of products, including Vegecat and Vegedog. They also stock a range of microfibre shoes of much higher quality than most synthetic 'leather-like' shoes, and of course they are animal friendly, and more friendly on the environment than leather with its environmental havoc from the farmyard greenhouse emissions to the toxic tanning plant. I've found the staff to be very helpful indeed, so it would be worth telephoning them even if you can't get to Melbourne. Sorry for plugging them so much, I'm not associated with them, I just think it's a great shop.

Anyway, back to the diet of your cats and dogs! Vegecat and Vegedog are essentially nutrient powders which you mix in with other ingredients such as grains and legumes to produce a nutritionally complete food. When made up with the recipes that come in the package, the resultant food meets the requirements of Association of American Food Control Officials. As it's an American product, I don't expect they have submitted it for approval in Australia, but one would expect the requirements to be similar. So yes, you can have healthy vegan cats and dogs! You might also be interested in the book – stocked by Vegan Wares, if you can't find it in a library – called *Vegetarian Cats and Dogs*, by James A Peden.

Russell Edwards,
redwards@pulsar.physics,swin.edu.au
7/4 Walnut St, CARNEGIE 3163.

Dear Grass Roots,

I would like to see an article in GR about all the known **SHRUBS AND TREES SUITABLE FOR SHEEP BROWSING**, including acacias, that will grow in acid soils with about 425 to 500 mm annual rainfall as well as drought and flood years too. My soil is a clay subsoil (not well drained) and is mildly to strongly acid with a loamy topsoil near Truro, SA (in the hills), cold in winter, hot in summer. Drip irrigation water is available.

Rex Niems,
Box 120, FREELING 5372.

We'd love to hear from anyone able to write such an article, and provide photos of fodder plants.

Dear GR,

I have been trying to find out some information about the cultivation of **ECHINACEA**. I would be greatful if anyone had some information they could pass on to me with regard to propagation, ideal growing conditions, pests and diseases, and possible markets for the product. Does it grow from seeds that can be harvested from the plants, or does it grow by root division? Any information would be gratefully received. Thanks for the wonderful magazine, I have been a fan for years and years.

Beth Allen,
Mt Murrindal Co-op, W-TREE 3885.

Dear GR Readers,

In GR 127, June/July, a reader in Queensland expressed worry about using **COMMERCIAL BAKING POWDER** in her cooking. It is quite a simple matter to make her own. Mix two parts cream of tartar with one part bicarbonate of soda. Mix well and store in an airtight jar.

Mrs B Jenkins,
2/22 Beattie St, SCOTTSDALE 7260.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots Readers,

We are a young couple (mid-twenties) with a five month old baby. We live in the **SUNSHINE COAST AREA** of Queensland and would like to meet some like-minded people with similar interests – permaculture, environmental, spiritual. If anyone would like to get in contact with us please feel free.

In mid-1999 we plan to give up our secure jobs and sell our house to go **TRAVELLING AROUND AUSTRALIA** for a year or so in a bus/motorhome and spend a lot of time WWOOFing. We hope to settle somewhere in a community of like-minded people – away from the hassle and materialistic world that dominate the city. Perhaps somewhere in central to northern NSW. What we would like to know is, are we crazy to attempt such a trip with a 15-20 month old child? Could anyone who has attempted such a journey suggest any relevant information?

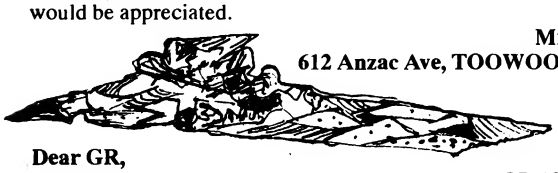
Also, the big question: Do the children adapt to the travel or is it whinge, whinge, whinge all the way? Also, if anyone is thinking of moving to the Sunshine Coast and would like information on the area, just drop us a line with your questions.

Zane & Jane,
118 Jackson Rd, WEST WOOMBYE 4559.

Dear GR Folks,

Thank you for the sample copy (GR 127), which we found really interesting. We too are back-to-basics (Amish-Mennonite) 'plain' people. We left the city four years ago, still have a lot to learn, but will never go back into the smog. Can we assist anyone looking for **ALTERNATIVE EDUCATION** for their children? Write to us for a Christian Homeschool Resources Directory (free A4 sheet). An SAE would be appreciated.

Mrs L Danen,
612 Anzac Ave, TOOWOOMBA 4350.



Dear GR,

In a recent visit to our local library I picked up GR 125. On going through it and coming to one of my favourite features – Feedback – I was really thrilled and enthused to see a photo of a flour bag quilt sent in by another of your readers – Vera Jeffs. You see, I'd recently completed a **PIONEER BRAID SCRAP QUILT** backed with calico bags to celebrate my husband's 70th birthday. I thought them most appropriate for this quilt as he is a grain farmer. I so enjoyed the challenge of piecing them all together that I thought I would like to make a quilt featuring a range of bags on the top of the quilt.

This brings me to my request. **CALICO BAG** packaging is very limited up here as a lot of manufacturers have changed to paper sack packaging. I am wondering if any readers have any product (eg flour) bags which they would be willing to send me. I am quite happy to reimburse anyone for any expense they may incur in so doing and would be most grateful to anyone who is able to respond and so help me in my search.

Thanking you for your endeavours on behalf of all and congratulations on a really uplifting and worthwhile publication.

Margaret Bell,
'Pinelands', M/S 720, MILLMERRAN 4357.

Hi,

We are interested in cultivating plants suitable for a permaculture system. Does anyone have access to seeds, cuttings, bulbs etc that we can purchase? Particularly interested in stevia, licorice and other useful plants that aren't usually available in nurseries.

Also, anyone having a hard time with **HYPERACTIVE CHILDREN?** A friend has just found a natural specific brain food called Restores from the US. My friend's hyperactive son went from a screaming terror to almost normal in only seven days and is continually improving. Apparently, fifty percent of children can give up medication totally, forty percent halve medication and ten percent unfortunately have no change. It is also great for stress, depression, getting off drugs, food addiction, foggy brain, lack of memory and alchoholism. Fourteen years research has gone into this amazing product. We have a small quantity of tapes and information. Send $5 (stamps OK) to cover our costs.

Tara Andre,
162 Duke Rd, DOONAN 4562.
Ph/fax: 075-449-1186.

Dear Grassrooters,

For ages now, I've wanted to have hands-on experiece at making or building a **COB BUILDING** of some sort. I have the room here on our land (five acres), access to where I'd like to put it and sand and water – lots of it. I've read *Earthbuilders Handbook* which only gets me going even more. I realise I need soil, straw etc, but I require details on how to insert windows, doors, roof, chimneys, people who have been there and done that and know what they are doing. It's something I just have to do, as I cannot stop thinking about it. Unfortunately, my husband is not interested so I've to look elsewhere for advice, even if I was to make a small outbuilding that didn't require a permit from our shire (I live in Muchea, half an hour north of Perth). Our area is sand country and can be very hot during summer months. Can the soil, straw and sand be mixed in a cement mixer as with mud bricks? What kind of floor goes down? Before or after building the walls? Are the walls strong enough to hold the roof? Do the walls need protection from the weather. Does anyone here hold workshops? They all seem to be in the eastern states. Please contact me if you can help and when it gets started maybe you'd like the experience as well. Can you sculpture a bath with cob building? As you can see there's a million questions.

I work on weekends and have my weeks free, basically, apart from motherly duties. Would anyone know of anybody in the Perth area (north-east of the river) who has any loam, clay-type soil at great prices. I intend to use second-hand everything, bottles in the walls and a bit of leadlighting etc. Even better, I hope I actually get it up. I'm looking forward to your replies and hanging out to get started. Please only genuine replies.

Tania,
C/O Post Office, MUCHEA 6501.

Letters are accepted and edited at the discretion of the publishers.

Dear Grass Roots,

First of all, congratulations on 25 years, well done. In about six months I will have finally paid off my own little piece of God's earth, one and a half acres of dirt near Laidley, Qld. It has been quite a struggle I can tell you, as I am a single mum of three. Next step is hopefully to build a home and this is where I need a lot of advice. It won't be big and lavish, obviously, and I was hoping some readers can share with me some of their experiences and knowledge. The land has a strong covenant over it so as far as I know the house has to be 20 squares and no obviously second-hand materials (to my regret as I would love to put a removal home on it). I would love to hear from someone who has built a **MUD BRICK HOME** and other alternatives. I would appreciate hearing from anyone who has successfully built a home on rather a tight budget.

Also, I would like to hear from anyone who has recipes for homemade yoghurt and laundry liquid (I had the laundry liquid but have misplaced it). And, I must not forget, a recipe for a basic homemade soap. Thank you for a wonderful magazine that gives us a place to find the information we all need to help those of us who want to live the way we were meant to live . . . close to nature.

Carol Pymble,
10 Meranti St, Crestmead, LOGAN 4132.

We have published many articles on soap making and have available a selection of these. Send a $5 cheque or money order and a business-sized SAE to: Grass Roots Publishing, PO Box 117, SEYMOUR 3661.

FEEDBACK LINK-UP FEEDBACK

Dear GR people,

I'm currently writing a doctoral thesis on a **HISTORY OF SUBURBAN FOOD PRODUCTION** in Perth and Melbourne, from 1880 to the present, and am looking for people who have grown some or all of their own food in Perth or Melbourne to interview or correspond with. If you are itching to tell of your experiences in suburban backyards, front yards or community garden; why and how you grew fruit and/or vegetables; raised goats, fowls and/or bees; what your neighbours (or the council) thought – and are happy to be interviewed or for your correspondence to be potentially included in my thesis, please drop me a line at the below address (anonymity guaranteed if requested).

On a slightly different note, I am also looking for seeds for **ZAPOTECH RIBBED**, or any other very deeply ribbed tomato, and I'm happy to buy them, or swap for other seeds.

Andrea Gaynor.
112 Lincoln St, HIGHGATE 6003
agaynor@cyllene.uwa.edu.au

Dear GR and Fellow Readers,

Thank you GR for your inspirational pieces. As first-time readers we gained great encouragement that spurs us into action! Thank you to Tammy and Greg in Chermside, Qld, for their story (GR 126) on balcony gardening. As city dwellers we are steadily becoming excited about adopting a more self-sufficient lifestyle. My partner and I have long harboured a secret desire to own chickens and live in the Blue Mountains. We are planning to relocate to a rural or more community-minded area in NSW in the coming year. At this stage we are trying to contact any small state or alternative schools who require an enthusiastic young teacher. I have a particular passion for holistic approaches to learning and have had experience teaching in alternative schools in Queensland. Any schools (K-yr 7) or small communities in need of a teacher with a general interest in the arts and music, please contact me. Also can anybody suggest an organisation which could provide a list of **ALTERNATIVE SCHOOLS** throughout NSW? We look forward to hearing from you and enjoying further issues.

Matthew & Kristen,
3/35 Bank St, WEST END 4101.

Dear Readers,

We have an exciting location in a pristine and beautiful part of Australia with its own hydropower set-up. We are interested in hearing from people who would like to invest and/or participate in the development of a fully functional, income generating **ECO-VILLAGE** with an eco-tourism focus. We are environmentalists with a planet saving message – call 0412-995-097.

Richard & Wendy Friar.
PO Box 360, TERREY HILLS 2084

Hi to Everyone,

We've been reading *Grass Roots* for years and it just keeps getting better.

We are finally ready to leave the unpredictable climate of central Vic (sweltering drought in summer, icy cold in winter) and search for our dream. We want to travel the country in our lovely coaster bus with our three old doggies, but we have a house to sell and a lot of furniture etc that has to go first. We will need a base though, and are in search of a mobile home/caravan, aluminium annexe set-up in a pleasant, **DOG-TOLERANT CARAVAN PARK**, situated preferably on the northern NSW coast, not too far from our beloved Byron Bay.

Our dogs are a problem as very few parks allow them at all, but they are very old and very quiet and we will be on the road until their days are over. Is there anyone who has overcome this problem or knows of a park we might contact perhaps? We would also consider renting a small place in the bush in that area. We are excellent handypersons with good knowledge of alternative lifestyle practices. We are open to any ideas or information.

Dale Buchanan.
C/O Post Office, CHEWTON 3451.

Dear Grass Roots,

I have been a reader on and off since my high school days in 1978. As you can see by my address I've never made it onto the land – not yet anyway. Regarding Marnie's query about **ALUMINIUM IN BAKING POWDER** printed in GR 127. Aluminium sulfate is still used in some baking powders. It is also widely used in food processing.

I am currently reading an excellent book which may be of interest to GR readers. It is called *The Perils Of Progress*, by Dr John Ashton and Dr Ron Laura and is published by University of NSW Press. I believe it's essential reading for everyone who is concerned about their own wellbeing and that of the environment. If you can't get it through your local bookstore try: Advantage Books, 103 Francis St, West End, Townsville 4810. Ph: 07-4721-5567.

Rose-Lyn,
5/43 Devoy St, ASHGROVE 4060.

Dear Editors,

I'm hoping some GR reader can advise my daughter re any link-up between **ECHINACEA AND MISCARRIAGE**. Following two recent miscarriages, a few months apart, we realised that during the weeks prior to losing both babies she had been taking echinacea. This seemed to be the only common factor! She has a healthy, energetic 18 month old son who was the resultof a trouble-free pregnancy and birth.

I've been an avid GR reader since early 70s and make it a top priority purchase from my social security payment. This is actually the only magazine I buy!

Thanks for years (past & future) of interesting and informative reading.

Frances Dunn.
20 Launder St, MUNDINGBURRA 4812.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.



Dear GR People,

Can anyone tell me where I can purchase a working **BUTTER CHURN** for household use? The only churns I have been able to locate are in antique shops, expensive, rusted and inoperable.

Olwen Anderson,
PO Box 716, SCARBOROUGH 6922.

Dear GR,

Congratulations on 25 years of publication and on raising a daughter who radiates such good health!

I first bought the magazine 18 years ago and it helped to set me on the path (starting 13 years ago) to communal living, extended organic growing, house building in earth, and soft options energy. I have you to thank, therefore, in part, for my success in all this, and a wonderful, healthy lifestyle! A long-time dream of sharing a wholefood shop was also realised and this year we are celebrating ten very successful years in this venture.

Putting **SUPPORTS AROUND MY BROAD BEANS** today gave me the idea to share the design of an effective structure I have devised. As I also grow hazelnuts, I prune off the suckers at two years when they are strong and tall. These are useful as supports for other vegetables such as peas. For broad beans,which tend to get blown over and are bushy, I hammer in four garden stakes at the corners of the double row. I push in hazel sticks vertically along the sides and ends of the rows, one every 15 cm. I then weave three rows of the suckers horizontally, spacing at about every 30 cm between the uprights. Hazel wood is so supple. May your magazine continue to inspire!

Pauline,
'Koorool', Bombala Rd, TANTAWANGLO 2550.

25 years of sharing

GRASS ROOTS DREAMS

by Vicki Judd, Boronia, Vic.

I've been an avid reader of GR for almost 21 years now, having stumbled across issue 18 at the newstand at Sydney Central Railway Station all those years ago. I'd always felt a bit odd, having been born and raised in suburbia, because I wanted to live on a few acres in the country and grow my own fruit and vegies, keep chooks for eggs and make things for myself. The first thing *Grass Roots* taught me was that I was neither odd nor alone.

I decided that if I did get those few acres I would need to know what to do with them and the produce I'd be able to grow, so I set about learning as much as I could.

I've had several vegie and herb gardens, having moved around a bit early on in my '*Grass Roots* life' and I've learned to make jams, pickles, chutneys, sauces, jellies, yoghurt and the like. I've also bottled fruit, and plan to have a go at drying fruits, vegies and herbs as well.

I've knitted and crocheted since I was a child and could make jumpers before I was 12. I still do, and I knit hats, scarves, socks and soft toys as well. I crochet the leftover bits of wool into squares that will be joined into blankets when I've got enough of them.

I bake cakes, muffins and biscuits from scratch, no packets with all those artificial additives. I try to do the same thing with all meals, which can be a chore with three young boys. It's worth the effort though, as four of us are healthy and Jim's health is hanging in there.

There are many more things I plan to learn – herbal wreath making, sewing, bread baking, paper making, soap making to name a few, but at 45 years of age I've got time yet to try many things. Iriss Quigley has taught me that one is never old unless one wants to be, and I'm not going to be old enough for a rocking chair.

I've met many wonderful people through the pages of GR and am still in contact with some after 15 or more years. It's been really great being able to write to so many wonderful people over the years, and meet, share ideas and information and more.

My three boys have grown up learning to love animals, grow plants and live in harmony with those around them. Many of the parents around here enjoy seeing their children playing with the boys as they know that there will be no problems with bullying or bad behaviour, and the boys know how to entertain themselves without electronic gizmos.

We shop in op shops for clothes, sheets, towels, blankets and whatever else we need wherever possible. We buy generic brand groceries, shop around for the best prices on everything we need, and we keep our bills paid.

I manage to put a few dollars in a savings account towards our land. I do market research interviews from time to time and bank the money, and I hope



eventually to be able to have a market stall and sell some of my soft toys, but that will happen when I have some time.

In the meantime we are all happy; we manage to live quite comfortably on our pension, which I think is an achievement in itself, and *Grass Roots* has helped us to achieve that.

I hope that you all continue to share your knowledge and experiences through your articles and in letters to this wonderful magazine. Happy anniversary *Grass Roots*.

In the meantime, I'll keep composting, cutting our hair (I do our haircuts too) and being as self-sufficient as I can, and keep dreaming about and working and saving for that few acres, our *Grass Roots* dream.

BOOKS on Useful Plants, Fruits, Nuts, Tree crops, Permaculture, Organic growing, Farm Trees etc.



Best selection in Australasia - drawn from world-wide sources. Efficient mail-order service, contact us for free lists or access our web site:
http://www.AOI.com.au/granny
Granny Smith's Bookshop
Mail: PO Box 27 Subiaco WA 6008
Phone 08-9388 1965: Fax 08-9388 1852
e-mail: granny@AOI.com.au



IF you want to save money, labour, energy & the environment DON'T build a single storey
Get our plans book first!

With thousands of customers Australia-wide, and now overseas, our books will surely provoke your thinking

Send $16.50 (including postage) to:
Peter Lees, Architect & Builder,
15 Woolnoughs Road, Porcupine Ridge, Daylesford, Vic. 3461
Phone 03 5348 7650
Mobile 019 136 998

40 photos, text prices and plans of small to large homes (or sheds, studios, whatever). Unlimited layout possibilities, catering for mudbrick, rammed earth, timber, stone or brick and in particular the needs of owner builders.

KIDS PAGE

REXA GOES WILD

A story for GR kids

by Jen Davies, Avenel, Vic.

The story so far....Rexa the Red Heeler has moved from the big city to a new life on an orchard in the country with his GR family.



Letty and her family are enjoying the thrills of spring happening all around them in the countryside. Jonquils, daffodils and fruit tree blossoms are popping up everywhere. The wind is starting to feel soft and warm instead of icy cold on your face and it isn't dark when Letty and her mum and dad are out feeding the chooks their dinner. Letty's favourite thrill is when she spies nests in trees and she wonders if eggs are inside waiting to hatch or if baby birds are nestling inside.



But Rexa has a strange idea of spring thrills. His favourite Spring pastime is snapping at the bees buzzing around the flowers, trying to catch them in his mouth. And oh no he's at it again this spring. Letty supposed it was a change from chasing his own tail - one of his other favourite things to do - but she couldn't really see the fun.

Buzz. Snap. Buzz. Snap

Then it happened. Rexa greeted her one morning with a muzzle swollen to the size of a football. Well actually sort of tennis ball size. Silly Rexa had finally snapped a bee and it had bitten inside his mouth. It had bitten him at the back of his mouth near his throat so he was having trouble breathing. Luckily Letty's dad was home so they heaved Rexa into the car and raced to the vet in town. She quickly calmed Rexa, removed the sting and gave him something to stop it swelling and feeling sore.



Oh Rexa couldn't you just play games with flies or chase your tail!



FLOWER POWER - POTPOURRI



Collect a range of perfumed flowers and leaves from the garden. Some good ones are lavender flowers & leaves, roses, rose geranium leaves, citrus blossoms, jasmine, daphne, eucalyptus leaves, thyme, rosemary. Dry them by tying a bunch with string and hang upside down in a dry place for a couple of weeks (not in the sun as the colours will fade).

When they are dry, break up the flowers and leaves in a jar and mix them all up. Add a few drops of an essential oil (lavender is a popular one). You can then keep adding a few drops every month or so to maintain the scent. Let sit for a couple of weeks so all the aromas blend.

Put in a bowl on your bedside table and make your bedroom smell beautiful or make up a little potpourri sachet by putting some in the middle of a hanky and tying with ribbon.

LITTLE LAVENDER CAKES

Little cakes:

125 g butter
125 g sugar
3 eggs
1 cup milk
1 ½ cups unbleached SR flour

Beat the butter and sugar until creamy, add the eggs one at a time, then the flour and milk alternately. Put into patty pans or greased patty pan tray and bake in a moderate oven for about 15 — 20 minutes. When cool, spread lavender icing on top of each cake.

Lavender Icing:

Grind dried English lavender flowers to make up one cup. Add this cup of lavender to 3 cups of icing sugar. Put this mixture into a tightly sealed container and leave for a week or two. When you want to make up the icing, put 2 cups of the lavender icing sugar into a bowl, add a tablespoon of butter and enough warm water to be able to mix to a smooth paste.

BOOK REVIEW

The Windhover

by Alan Brown & Christian Birmingham



This story of the beauty of wild bird-life and the dangers of human interference is made vivid and meaningful to young children by the combination of the story being told from the point of view of a windhover chick and vivid pastel illustrations. After hatching from his egg and joining his windhover family, a windhover chick is taken from his family nest by a lonely little boy who wants him as a pet. As the chick suffers in captivity, a young girl befriends the boy, persuades him that wild creatures can't be captured and together they return the chick to its home.

Harper Collins, RRP $10.95 P/b.

IN THE KITCHEN

This time we look at the increasingly popular method of cooking using a wok and the technique of stir-frying.

There are good reasons why Chinese-style wok or stir-fry cookery has become popular in Australia. The cooking time is short, which suits busy people. Vegies retain much of their natural goodness and flavour – the life is not boiled out of them. A simple stir-fry dinner for the family can be cooked using only a wok and a rice pot so there is less washing up afterwards. Recipes are easily adapted to make use of seasonal vegetables and meat can be used sparingly to flavour dishes rather than provide the bulk of the meal. Basic meals can be jazzed up by using different condiments, sauces or garnishes. Although specialist Asian ingredients, such as water chestnuts, baby corn and bamboo shoots, are available in supermarkets, these are not necessary to make quick, delicious and nutritious meals.

TIPS FOR SUCCESSFUL STIR-FRIES

• Put rice on to steam before you begin to prepare ingredients for a stir-fry. If rice is ready before you have finished cooking just turn it off and leave it in the pot with the lid on. It will stay hot until the food is ready to serve.

• Ingredients for stir-fries should be either sliced thinly, or chopped into bite-sized pieces. This reduces the cooking time required. Traditional Chinese food is eaten with chopsticks, so once the food is on your plate you should not need a knife.

• All ingredients should be prepared before cooking begins.

• The spatula used with a wok is curved.

• When adding liquid to wok cooking, pour it around the edges of the wok. This will help ingredients to steam as they are stir-fried. Adding liquid straight into the bottom of the wok reduces the temperature of the wok, and can result in the ingredients being stewed rather than stir-fried.

• Stir-fries should be cooked at a fairly high temperature, and be tossed around the wok almost constantly to avoid burning. However, be careful when frying ginger and garlic. It will burn easily so reduce heat if necessary.

• Vegetables need only to be cooked for a short time – they should be crisp without being tough. Vegetables such as broccoli and cauliflower can be steamed or plunged into boiling water briefly to reduce the need for a longer time stir-frying.

• Meat is sliced thinly or chopped into bite-sized pieces to allow for fast cooking.

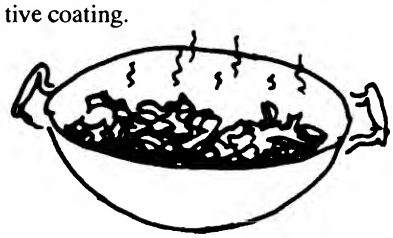
• Many supermarkets stock ingredients for Asian cooking – sesame oil, oyster sauce, soy sauce etc. These can be used sparingly but with delicious effect. Oyster sauce should be kept in the refrigerator once opened.

• Quantities will depend on how many people you are trying to feed, but keep in mind that by serving stir-fries with steamed rice, the need for portions based on 'meat and three veg' dinners are not relevant.

• Green tops of leeks, broccoli and cauliflower stalks can be sliced thinly and used in stir-fries (as long as you avoid the toughest bits). Also, new shoots on pea plants are considered a delicacy.

• Oil for stir frying should be hot before any other ingredients are added to the wok.

• To care for your wok – after it has been washed up and dried 'season' it by placing back on the stove and reheating it to remove any moisture. If a wok retains any moisture it will go rusty in between uses. After heating wipe insides with just enough oil to provide a protective coating.



SESAME CHICKEN

Quantities will depend on how many people will be eating.

sesame oil
cooking oil
few cloves of garlic
thumb-sized piece of ginger
chicken
a vegetable of your choice, suggest red or green capsicum, snow peas, broccoli
sesame seeds
chicken stock (optional)

Toast the sesame seeds by dry-frying on low heat, turning constantly to avoid burning until they are a golden brown. Set seeds aside. Chop all ingredients – garlic is peeled, crushed and chopped finely; ginger is peeled and chopped into thin match-shaped pieces; the vegetable is chopped into bite-sized pieces. Remove skin from chicken and slice thinly.

Fry garlic and ginger briefly in a small amount of sesame oil, until fragrant. Sesame oil is expensive so other cooking oil can be substituted if you wish to conserve the more expensive oil. Add chicken and stir-fry until almost cooked. Add vegetable and stir-fry until cooked but still a bit crunchy.

If you would like a dish with more sauce, add about half a cup of chicken stock, heat while stirring through the food. Stir through a sprinkling of sesame oil, and serve with sesame seeds sprinkled over the top.

STIR-FRIED VEGETABLES AND TOFU WITH OYSTER SAUCE

oil
ginger and garlic to taste, peeled and chopped

A selection of seasonal vegetables sliced finely or cut into bite-sized pieces – beans, snow or sugar snap peas, carrots, broccoli, asparagus, capsicum, zucchini, cabbage, bean shoots, cauliflower and celery are all good candidates for stir-frying. Also consider the colours when you are deciding on which vegies to add – the red of capsicum and the green of snow peas look great together and add to the eye-appeal of the meal.

tofu, cut into cubes

2-3 dsps of oyster sauce mixed with up to a cup of warm water. Oyster sauce can be too strong and salty if over done – taste and adjust quantities to suit.

spring onions, chopped

Stir-fry ginger and garlic in oil until fragrant. Add vegetables and stir-fry until crunchy. Add oyster sauce/water mixture and tofu, heat through. Sprinkle with spring onions and serve immediately.

RESCUING NATIVE BIRDS

WHEN TO BE A SAVIOUR AND WHEN NOT

by Susan Dehn, Maldon, Vic.

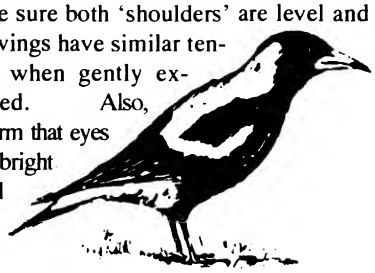
It's nesting time again. Birds are flying around with beaks full of nesting materials, dozing kangaroos are suffering the indignity of having their soft fur plucked out to line nests, and, as a wildlife shelter operator, I'm putting fresh sand on the floors of the aviaries and making sure the wire netting is still escape-proof in readiness for this year's influx of nestlings and fledglings that will come into my shelter.

It's wonderful to see and be part of the compassion that many people have for our wildlife. But, whereas a forlorn joey standing on the road beside its dead or injured mother needs to be picked up and taken to a wildlife shelter, not every baby bird on the ground needs rescuing.

At the fledgling stage, the chick is fully feathered, although often the wing and tail feathers are short (but growing steadily). Legs are strong and the chick doesn't yet fear humans.

Visualise this scene: bird-child stands on the edge of a very over-crowded nest and thinks, 'this flying caper looks real easy.' Leaps off and promptly free-falls to the ground. At this point bird-child isn't lost or an orphan. The parent birds will know where it is and will continue to feed it. Its nest-mates will eventually follow suit. Bird-child will, over several days, develop flight skills and slowly become independent.

If you come across a fledgling on its own, before rescuing it, look for the adult birds (and remember, some birds are raised in a colony, so there will be siblings from the previous season hanging around as well). If it's on the road, pick it up and check for injury by making sure it is able to hang onto a couple of fingers with both feet. Look at the wings and make sure both 'shoulders' are level and the wings have similar tension when gently extended. Also, confirm that eyes are bright and attentive. If it is uninjured, place it in a shrub or on a stump. Mind you, I have this theory that many a harassed magpie mother, sick of the constant whinging of her offspring, turns a blind eye to the fact that the kids are playing on the road!



Obviously, a bird that is injured, including any retrieved from the jaws of your beloved cat or dog, needs the attention of a wildlife shelter or vet (who will pass it onto a shelter for ongoing care until it is ready for release.) Unless a bird is 100 percent fit and able to forage for food and water in the correct environment, it is doomed. If you are concerned that the fledgling has strayed into a neighbouring territory (as often happens with tight magpie or white-winged chough territories) and is being attacked by the resident flock, then rescue is appropriate.

So, before wading in and rescuing a young fledgling, first try to locate the adult birds. If they're around (and they will be, ninety percent of the time), leave the youngster where it is.



The rescuing of nestlings is not such a grey area. A nestling appearance ranges from virtually naked (and incredibly ugly!) to fully feathered, but maybe a week off being ready to fledge. Often the feathers are short and still partially sheathed (a protective casing on an emerging feather). Often a small chick is forced out of the nest by stronger siblings, or else a nest collapses. Every year, for instance, I get at least one baby tawny frogmouth from the same breeding pair after strong winds. Often I'll get in a broken nest complete with occupants. Most come from high trees and it's impossible to return the nest and chick to the original location.

One year I had a blue wren nest come down from a clematis vine. (My cats deny responsibility.) I 'fixed' it up so that I could secure it back in a more stable position, complete with its four noisy chicks. The colony of wrens hung around scolding me vigorously and then hopped around the nest, thrilled (I thought) at my handiwork. Next morning all four chicks were dead. The parent birds didn't brood them because the nest and location wasn't quite right. So, in the case of the nestlings, if you can't find the nest, or return the fallen nest to its original position I'd suggest you do rescue the chicks.



To find the location of a wildlife shelter near you, check with your local vet, the Department of Natural Resources and Environment in Victoria and the Telstra white pages 24 hour emergency numbers.

Working with people to create low energy homes that respond ethically, practically & naturally to each individual client, & their unique circumstances.

Dynamic Design Group Pty Ltd

Gary Kruithof (RBP)
Ph: 03 5145 5587
PO Box: 198 Stratford, Vic, 3862
Email: gkdesign@magnet.com.au

AFFORDABLE SOLAR

For Solar (PV) Specials
call for location of your nearest
SOLAREX SERVICE CENTRE

SOLAREX
Authorised Distributor

Solar Charge P/L
115 Martin St, Brighton, Vic 3186
03-9596-1974

STEVIA
SOW A SWEET SUPPLY

by Isabell Shipard, Nambour, Qld.

Often called the miracle plant, or honey leaf, stevia, a rare plant from South America, will interest gardeners and people wanting the best in natural health. Although the sweetening substance in stevia is 300 times sweeter than sugar, stevia is calorie free.

Most people love a sweet taste, whether it's in fruits, vegetables, honey, soft drinks, desserts, lollies or chocolates. However, this 'sweet tooth' habit can sometimes be a sign of severe addiction to sugar, which concerns many nutritionists, doctors, and researchers. Statistics show that a high intake of sugar in our daily lives relates to many health problems including tooth decay, diabetes, arthritis and gout, arteriosclerosis, kidney, liver and heart diseases, obesity, lowered immune systems, candida, and heightened risk of cancer.

Sugar creates acidity in the body, disrupts the function of white cell and reduces the ability of haemoglobin to transport oxygen for red blood cells. There also is increasing evidence that sugar significantly accelerates the aging process.

Growing a stevia plant can provide a practical natural sweetening alternative, that is nontoxic to the body and has no side effects. In fact, stevia appears to help the body in self-regulating, and the leaves are also antibacterial and antifungal. Eating stevia leaves, fresh or dried, is said to nourish the stomach, aid digestion, and provide supportive action to the pancreas, spleen, liver, heart, nerves and immune system.

Stevia rebaudiana Bertoni is a member of the Asteraceae family, a fast growing perennial bush 60-100 centimetres high, ideal to have in a bucket-sized pot near the back door, handy for a quick pick of natural sweetening. Leaves 3-8 centimetres long form in whorls on the upright stems. Small white flowers similar in appearance to heather come in clusters on the tips of the stems in summer and autumn. Stevia thrives in a rich, well drained soil, and does well in acid soils as low as 4.5 ph.

This unique natural sweetening plant has excellent potential to be developed as a commercial crop in Australia, for use in processed foods, drinks, condiments and diet foods.

For use in the kitchen the large leaves can be plucked, or tip stems nipped off, and used fresh or dried, or made into essence. Stevia can be used to sweeten tea or coffee or other beverages such as smoothies. Many recipes that use sugar can be adapted to utilise stevia. Try stevia in biscuits, muffins, and slices, mayonnaise, sauces. pickles and dips, health, diabetic and diet foods, and stewed fruit (ideal with tart apples, plums or rhubarb). Chewing a fresh or dried leaf has been found helpful to curb the cravings for sweet or rich foods and reduce the desire for tobacco or alcohol.

Another practical use for stevia is as a face mask, found to be most beneficial for blackheads and oily skin. acne and rashes, itchy and scaly skin. Leaves are mixed with kaolin clay and water to make a thick paste and applied to the face. The clay has a drawing suction-like action as it dries. The stevia has a tightening and softening action, clearing blemishes and smoothing wrinkles, and if you dare to look in the mirror at your weird green face as the clay is drying, it is sure to make you laugh. thus stimulating endorphins. the 'happy hormones' valued for rejuvenation and longevity.



Stevia has so many useful applications and health benefits for every family. a most practical plant providing natural sweetening for every home.

For further information phone Isabell Shipard on 07-5441-1101. If you would like to taste a stevia sample and receive a research fact sheet on stevia, send a stamped addressed envelope to: Shipards' Herb Farm, Box 66, Nambour. 4560. If you would like to receive the Herb Farm Catalogue with an extensive range of culinary and medicinal herbs, spices, vegetables, exotic fruits, rare nutritious edibles, nonhybrid seeds, include 1 x 45 cent stamp.

WIND WORTH HAVING

by Ian Black, Heathcote, Vic.

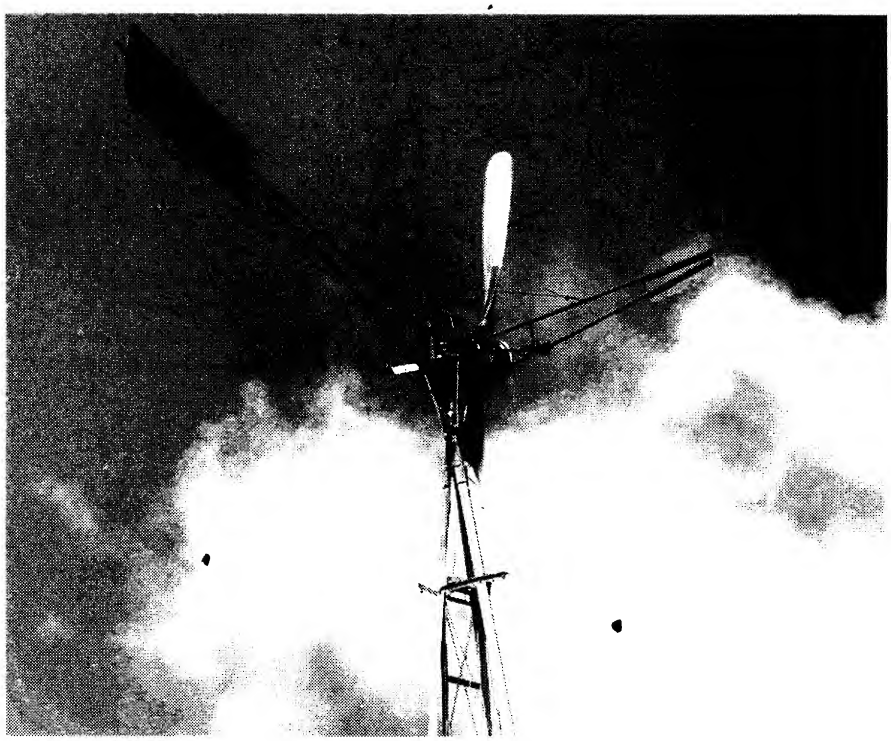
Around the middle of 1996 began a time of constant frustration, mainly for my dearly beloved wife. The long dream had finally become a somewhat daunting reality that quickly progressed into near-nightmare status. Moving onto our own 40 acre, grassless, treeless, fenceless plot to attempt a self-sufficient lifestyle was a brainchild born from a then-eternal optimist, namely myself. I'd gone to impossible lengths to convince my wife that everything was going to be just peachy and strangely she trusted my judgement and followed my trail of eagerness like a faithful puppy.

The first week it rained like it had never rained before and with it came the mud, lots of that real sticky type mud that soon became part of the family whether we liked it or not. Our small makeshift shack kept out the rain though, and the potbelly stove kept us warm. I was quite happy, our two preschool children were quite happy, my wife was not. The main imbalance of harmony, she informed me through clenched teeth, was the very apparent lack of a consistent power supply.

Connection to mains power had always been out of the question due to the fact that the nearest power pole was only vaguely visible through a pair of high-powered binoculars. We had been brazenly relying on a single 12 volt globe for lighting (powered by my truck battery) and a very ill but determined generator, made from bits and pieces, that only ran for short periods of time before needing a rest from its television powering duties. Something needed to be done.

I have always been fascinated by wind powered generators, there is something very natural about their function that appeals to me. Being a natural-born scrounger it went against the grain to even consider buying a new unit and the fact that the piggy bank's bottom was always visible from the inside was another deciding factor. I decided to build one.

After much research, sketching, and head scratching, I was ready to attack. I had decided to go big, as most of the homemade machines I had read about relied on flimsy push-bike parts and the like and didn't seem terribly efficient, or reliable enough for my needs. It wasn't until a friend of mine presented me with a two-piece, three-metre aeroplane propeller that I really knew what I was going to attempt.



The wind generator made from an aeroplane propeller and a Datsun wheel, connected to a Dodge generator via a Holden timing chain.

I fixed the two propeller parts to an old Datsun car wheel and fixed this assembly in turn to a rear wheel bearing and hub assembly from the same vehicle. This allowed the prop to be removed at any time by simply undoing the wheel nuts. The bearing carrier was then attached to another wheel rim which would act as the base of the unit. A Holden V8 timing chain set was used to gear the rewired 1927 Dodge generator up to a 2:1 ratio and a three-metre hinged tail was fastened to the rear of the now interesting looking contraption. A 1.2 metre pilot vane was attached parallel to the prop, hopefully to cause the tail to swing the prop out of the wind on gale force days, therefore shutting the beast down and averting certain disintegration.

I then welded another Datsun rear wheel bearing assembly to the top of a nine-metre high windmill tower I had bought from a local farmer and bolted the generator (again with wheel nuts to facilitate easy removal) to this and hoisted the lot into the air with my trusty tractor. I waited two nail-biting days before enough of a breeze arrived to turn the big propeller. Any concerns I had harboured as to whether the thing was actually going to drive the generator or not were quickly spat out into the brisk southerly as the prop picked up so much speed that I became very anxious as to whether the lot was going to stay on top of the tower or take a brief scenic flight with an ungraceful landing into next-door's paddock. I shot a look at the volt and amp gauges I had hooked up and found that 14.5 volts at around 30 amps was being fed lovingly into the ex-Telecom battery bank. 'It lives!' I screamed into the howling wind, before pulling the cable tied to the tail and shutting my creation down for a trial run inspection.

One month later the Dodge generator burnt out for the third time, simply because it couldn't handle the awesome power that the prop was putting out. I have since installed a standard 35 amp Holden alternator geared up 8:1 to the prop, which seems to have no trouble driving it. We have power and heaps of it, when the wind blows anyway. My wife is now a happier soul and I have the satisfaction that our power comes from the wind. My next project is a back-up diesel generator for charging the batteries during the windless weeks. I've got my eye on a 1935 Ronaldson Tippet engine I saw in a farmer's shed, but that's another story.

We congratulate Ian on his ingenuity and resourcefulness, but point out to readers that experimentation with large machinery can be very hazardous and suggest that professional engineering advice be obtained before undertaking any such project.

STRATH STEAM

FULL SIZE STATIONARY
& MARINE STEAM ENGINES FOR
ALTERNATIVE ENERGY SYSTEMS
AND BOATS

System prices from approx $8000

Rod Muller, Strath Steam,
Taylors Lane, Strathalbyn, SA 5255
Ph: 08 8536 2489 Fax: 08 8536 2113
Email: Strathsteam@olis.net.au

GARDEN BOUNTY

Avocados

by Cheryl Beasley, Karalee, Qld.

Prepare the ground with plenty of organic compost before planting an avocado tree. Plant in a well drained situation that receives plenty of sunshine. The fruits of the avocado tree are very beneficial for the skin. Containing high amounts of vitamins A and E, it is an ideal 'feeder' for the skin.

Avocados contain around 20 percent fat, which makes them good for dry skin. Use the nourishing avocado cream on dry heels and feet to heal and moisturise.

AVOCADO HAIR AND FACE TREATMENT

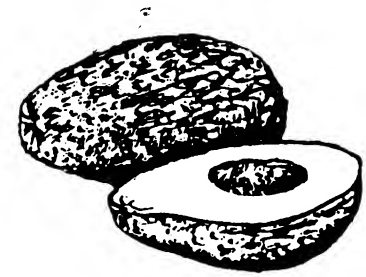
1 ripe avocado
1 tsp lemon juice
I tbsp pure honey

Mash the avocado with the lemon juice and honey. Spread the mixture over your face and through your hair to the ends. Leave this treatment on for 30 minutes then rinse thoroughly in the shower.

AVOCADO MASK

2 tbsp mashed avocado
1 egg yolk

Combine the ingredients and apply to the face and neck. Leave on for 20 minutes then rinse off with warm water.



AVOCADO MOISTURISER

1 avocado
1 tbsp honey
1 tbsp plain yoghurt

Blend all the ingredients in a food processor or blender and use as a nourishing night cream. Massage a small amount of the cream in at a time.

AVOCADO NOURISHING CREAM

1 tbsp paraffin wax
1 tbsp lanolin
4 tbsp sunflower oil
1 blended avocado

Melt the wax and lanolin in a pan over hot water. Remove from the heat and beat in the oil and avocado. Place into containers and allow to cool and set before using nightly. Keep in the fridge.

I WANT TO INVEST WITH CONFIDENCE

AUSTRALIAN
ethical TRUSTS

Agribusiness or reafforestation.
Mining or recycling.
Exploitation or sustainability.
Greenhouse gases or solar energy.
Armaments or community enterprise.

Investors can choose
Through the AE Trusts you can invest your savings and superannuation in over 70 different enterprises, each expertly selected for its unique combination of earnings, environmental sustainability and social responsibility, *and* earn a competitive financial return. For full details make a free call to

1800 021 227

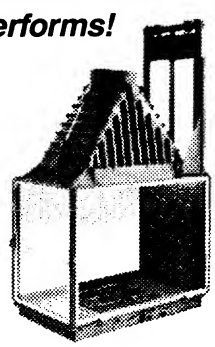
Investments in the Australian Ethical Trusts can only be made through the current prospectus registered with the Australian Securities Commission and available from:

AUSTRALIAN ETHICAL INVESTMENT LTD
Canberra Business Centre Bradfield St, Downer ACT 2602.

AT LAST!!

A DOUBLE SIDED FIREPLACE
that really performs!

Heats up to 25 Squares
Overnight Burning
all Cast Iron Construction
Doors that slide up for true open fire burning
Single and 3-sided models also avail



Phone or write in for free catalogue

CHEMINEES PHILIPPE

KEV WIGNELL TRADING Co. P/L
38-42 Smith St, COLLINGWOOD
03-9417-3449 03-9417-3315

FOR SALE

SUNSHINE COAST HINTERLAND PROPERTY
IDEAL FOR HEALTH CENTRE OR COMMUNITY

ORGANIC MACADAMIA & FRUIT FARM NURSERY

(118 ACRES IN SUNSHINE COAST HINTERLAND)
Approx: 2000 bearing Macadamia Trees
1000 bearing Citrus, Pecan, Mango Trees
Est. Nursery capable of producing 10 to 20 thousand trees

ALL CROPS SOLD AT PREMIUM PRICES

Cottage, Sheds, Equipment & Vehicles

PRICE: $500,000 TO $680,000 neg.
depending on terms and conditions - training included
Video available on $30 refundable deposit on return

CONTACT: MACEHEDGE P/L (owner)
MS 591 VIA GYMPIE 4570
PHONE: (07) 5486 6156
6 TO 8.30 pm most weekdays

GROWING NATIVE YAMS

by Zig Madycki, Jabiru, NT.

The word 'yam' derives from an African word meaning 'eat'. Often in the local pidgin up north here, and sometimes in English, it's used to denote edible underground tubers. However, strictly speaking, it refers to the tubers produced by *Dioscorea* species vines, a predominantly tropical group of plants originating in rainforest environments. The scientific name derives from the name of a Greek physician (or botanist), Pedanius Dioscorides, who authored the oldest surviving book on medicines, *Materia Medica*. Nonetheless, the use of yams in cultivation predates our noteworthy Greek by thousands of years and in many areas these still remain an important food source, particularly in the tropics. My use of the word yam will be specific to *Dioscorea* species.

Yams comprise several hundred known species worldwide and many of those in cultivation for so long have now developed into numerous varieties. There are two native species growing in this area: *Dioscorea bulbifera* is known variously as cheeky, round, or water yam, and *manyawok* in the local Aboriginal language. *Dioscorea transversa* is called long yam, or, in the local language, *karrbarda*. These grow along the margins of watercourses or rainforests, usually in organically rich soils, with long yams keeping more to better drained sites, although occasional monsoonal flooding doesn't appear to have adverse effects. Cheeky yam occurs mainly across the monsoonal top of Australia, whereas long yam covers this same area but also extends considerably southwards, as far south as SE Qld and the northern half of coastal NSW.

These yams were an important part of Aboriginal diet and were significant in the mythology. Long yam was sometimes eaten raw or else roasted in hot coals. Mothers would also grind it into a paste and feed it to babies. It is believed that long yam contains compounds which helped prevent diabetes, a disease which has become common since the advent of supermarket food. Cheeky yam ('cheeky' in the local pidgin means bitter, or even poisonous in reference to plants) required special treatment to make it palatable. Usually it was roasted in hot coals, sliced thinly with a knife, called *djaberleno*, made from the shoulderblade of a kangaroo, placed in a dillybag and then left in running water overnight. This leached out the bitter substances and it was eaten cold.

Although the bulbils of the African and Asian varieties of this yam are eaten in those areas, this wasn't the case here. The bulbils are called *mimno* locally, a generic word for plant seeds. Overseas though, I understand that the bulbils of African varieties are considered more palatable than the Asian ones.

Both yam species have similar growth habits and have superficially similar above-ground parts. There are separate male and female plants of similar appearance, the flowers being the main difference.

Long yam has a generally more wiry stem that twines anticlockwise around anything standing nearby. Leaves are heart shaped with the lobes usually well spaced and the midrib from 10 - 12 centimetres long. Sometimes in young plants the lobes also overlap. The female flowers are minute, along clusters of small pendant stems, whereas male flowers look similar but without the ovaries and the flower stems are upright, or at least curve upright. It produces bulbils in the leaf axils which, like the tubers, are carrot shaped, even if a little curved.

Cheeky yam varies from looking very similar to long yam, to having thick stems and much larger rounded leaves, up to 30 centimetres diameter, with the lobes more commonly overlapping. However, it always twines clockwise, its male flowering stems are pendant, as are the female ones, and the bulbils are potato shaped.

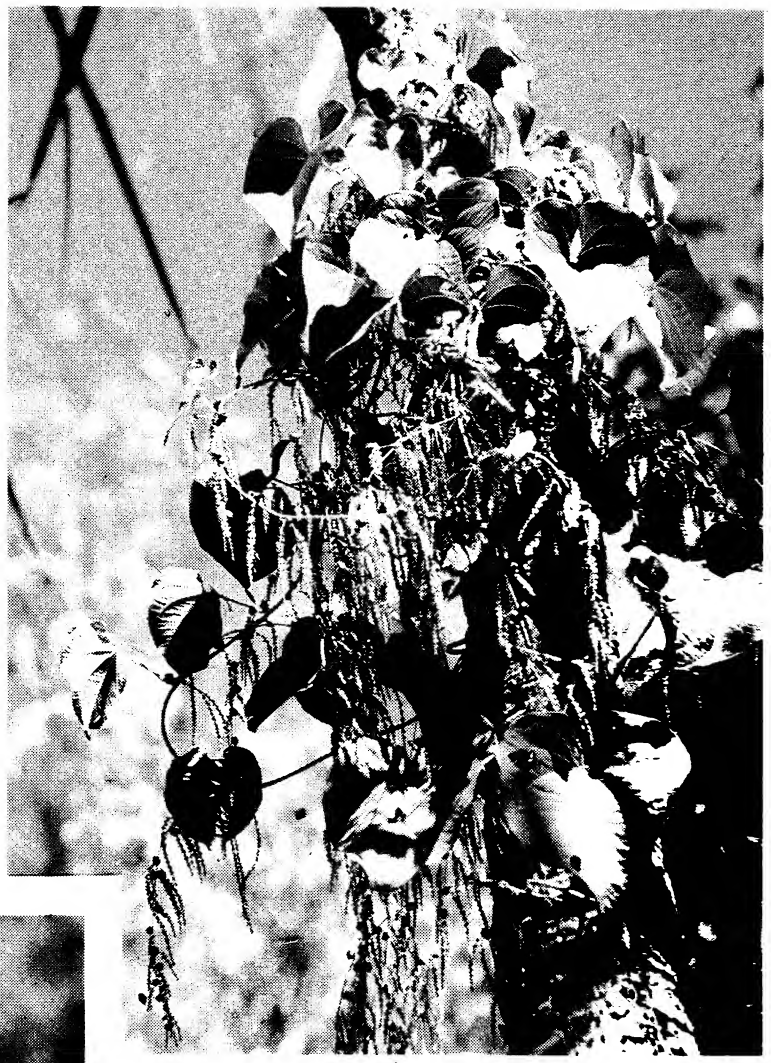


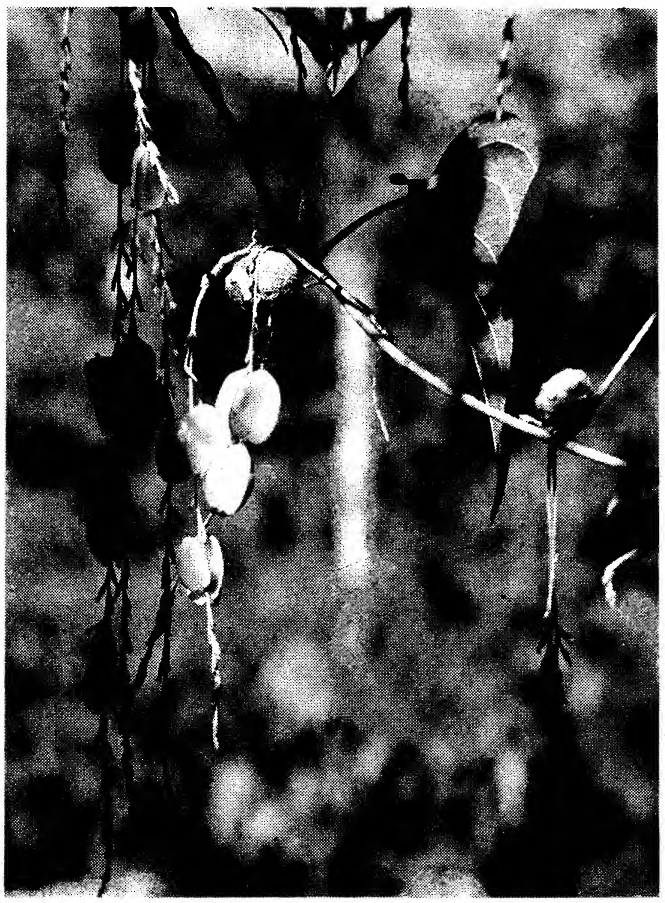
Healthy long yam seedlings.

The tubers of the long yam provide its name. They are elongated, varying in size up to 30 centimetres or more. Cheeky yam has a rounded tuber with a hairy mass of roots. Alongside the yam tuber is usually the shrivelled remains of the previous year's tuber, called *djalkoyno* locally, the current year's being called *darrkidno.* Traditionally, when the yams were dug up the top of the tuber, called *ngalbaydjanno* (mother-part), along with part of the attached stem, was replanted. If replanted properly the mother-part would provide food for you next year.

Female flowers develop seed, called *lirrilirrino*, meaning specifically, yam seeds. Pods have three lobes at 120 degrees to one another and contain about six flat, winged seeds which are wind dispersed. Cheeky yam seed pods have an oval profile, while those of long yam are more circular.

Cheeky yam seems to grow more easily and vigorously than long yam, but generally their requirements are much the same. If grown from seed they germinate relatively rapidly if conditions are right. As they don't seem to develop a large size in their first year, I plant them in containers in sandy loam with a lot of well-rotted organic matter. The seeds are placed on the surface of the soil and then covered very lightly. This is watered well and kept moist. Single heart-shaped leaves should begin to emerge from about two weeks. These plants remain small but develop a tuber during their first year and should be kept reasonably moist.





Above: Male flowers and bulbils of the cheeky yam.
Left: Female flowers, seed pods and bulbils of the same variety.

Best time for planting is when the weather begins to warm up at the end of the dry season, around September. This will give the plants a better chance to develop over a long period if they are kept moist and growing right back into the following dry season. As leaves begin to yellow the watering should be

GRAMPIANS SOLAR
SOLAR, WIND, HYDRO.
Design and Installation of Alternative Power systems
• SEIAA Accredited
• Registered Electrical Contractor
• Solar Hot Water
Phone: 014-469-394
PO Box 820, Stawell 3380

found that generally yams don't respond to fertilisers but do to the addition of organic matter, so I wouldn't be tempted to use chemical fertiliser. When the leaves die down the containers can be left unwatered for the remaining dry season.

With the return of the warmer weather the individual small tubers can be removed from the containers and planted out. The second year of growth should provide larger tubers. These plants should also provide more seed and bulbils for further plantings. An alternative to using containers is to just scatter the seed, preferably in an out-of-the-way place which doesn't get watered during the dry season. Where I've scattered seed and bulbils around my ordinary gardens I've found that over time it's mostly the cheeky yam that keeps growing back.

Planting bulbils can be done in much the same way as the 'baby' tubers.

I've never cut up large tubers for planting, but damaged whole ones seem to rot rather than germinate. Again, the cheeky yam seems to be a better survivor. It is also a far more attractive plant with its larger 'netted' leaves.

Another method of propagation is from cuttings. This is best done at the start of the season while growth is still new. Fifteen to twenty centimetre lengths of stem are cut. I dip them in a rooting powder to prevent rotting. There isn't much growth in the first season, but when the plants die back they leave small tubers in the soil which can be treated as above.

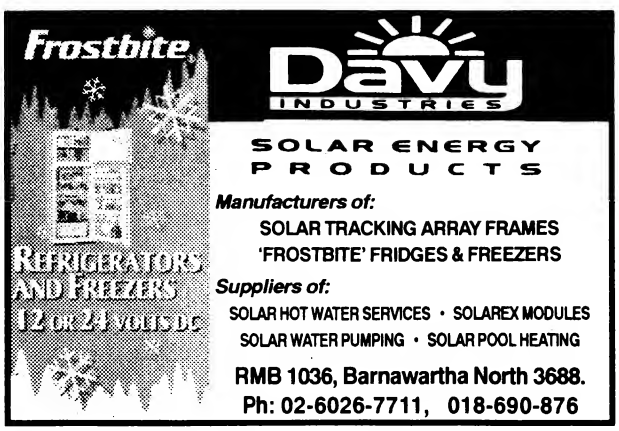
The plants can grow very high, up to 4-5 metres easily, and so need some reasonable support, although it doesn't have to be high. In the garden they can be interplanted with vegetables which usually appreciate some shade in the tropics. Grasshoppers tend to attack the new young leaves, but otherwise I haven't found any real problems. A no-dig garden is ideal as a growth medium, but ensure there is a lot of ash mixed in as most tuber crops have high requirements of potassium. If planted in ridged, well-composted soil tubers can easily be lifted as required rather than harvesting for storage, thereby avoiding damage.

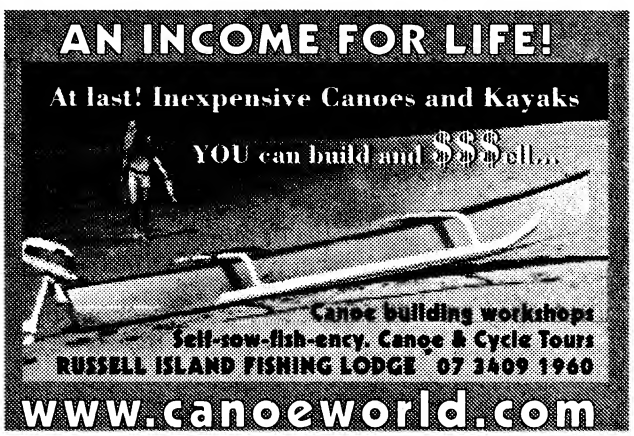
As far as cooking yams goes, I use the Aboriginal methods. However, they should be able to be used the same as potatoes, the cheeky yam being leached at some stage to remove the bitterness. This would generally mean using the cheeky yam mashed, or at least finely sliced. Some people say they have a bland taste, but then taste is always a matter of opinion. Spicing them up during cooking is an option.

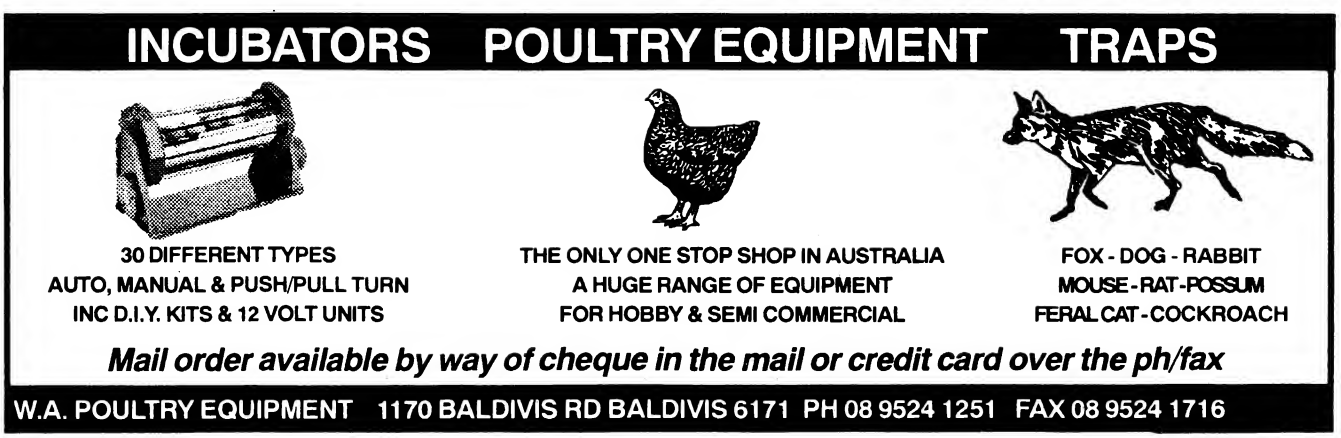
SEED SAVERS ANNUAL GATHERING

Seed Savers Australia is a national organisation dedicated to conserving varieties of native and food plants. Permaculture Melbourne is hosting the Seed Savers Annual Gathering to be held on Saturday 31st October and Sunday 1st November 1998. Aspects of seed selection, collection, storage and propagation as well as permaculture, heritage fruits and organic growing will be featured. The programme will include speakers, discussions and hands-on workshops. Some speakers will be familiar with *Grass Roots* writers, including Jude and Michel Fanton, Neil Padbury and Megg Miller, so come along and say hello. Many other experts in their field will be speaking or taking workshops in the broader fields of seed saving or biodiversity.

For further information contact: Permaculture Melbourne (Ph: 03-9853-6828) or Seed Savers Australia (Ph: 02-6685-6624).







A TASTE OF HONEY

by John Mount, Woodford, Qld.

Honey makes an excellent substitute for sugar in drinks and desserts and there are dozens of different honeys to choose from, ranging from a mild light orange blossom to the heavier more pungent ones such as Mexican pine. The best honeys are the organic ones, those produced from flowers and trees.

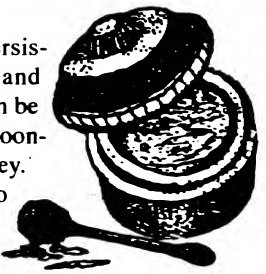
However, caution is suggested as some commercial honeys are made by bees being fed directly on sugar and sugar-related products.

Clear light honeys are ideal for drinks, whereas set honeys are good on bread and pastries. For the connoisseur there are, besides the excellent Australian honeys like the many gum and eucalyptus varieties, the Greek wild rose honey, lavender honey from France, Californian orange-blossom, and linden honey from Czechoslovakia, to name but a few.

Whipped cream can be revived by sweetening with a little honey. It stays firm and remains in a whipped state longer. If peanut butter starts to dry out mix a little honey with it and it will regain its former consistency with a slightly enhanced flavour.

As well as its culinary applications honey also has many medical uses, for example, the *American Journal Of Surgery* mentions that because of honey's excellent antibiotic and antibacterial properties it has been extensively used by the Israeli military on war wounds.

An old Australian recipe book advises putting tiny dobs of natural honey on acne pimples and leaving it on as long as possible. The same book suggests a unique 'hair of the dog' type remedy for bee stings. After removal of the sting, the reader is directed to apply a 'matchhead sized amount' of honey to the stung area. It is also a well known fact that pain from persistent coughs and sore throats can be eased by a spoonful of pure honey.



Honey also has laxative properties and acts as a soporific. If you have trouble sleeping add two or three teaspoons of honey to half a glass of warm water mixed with a little lemon or orange juice. Because honey has been predigested by bees it will not be necessary for it to be digested in the stomach. It enters the bloodstream within 25 minutes of being taken. Honey also contains enzymes which aid digestion and prevent reflux and flatulence. According to chemical analysis, honey contains vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin C (ascorbic acid), pantothenic acid, pyridoxine and nicotinic acid.

GEMBROOK ORGANIC GINSENG P/L

ACN 068-545-068

Fred & Charlene Hosemans

PO Box 44, Gembrook, Vic 3783

ph: 03-5968-1321 fax: 03-5968-1322

American & Korean Seed/Root Stock

Order now for 1998 winter or spring planting

Roots 80 cents each – seed on application

13 years experience • Seminars/Workshops

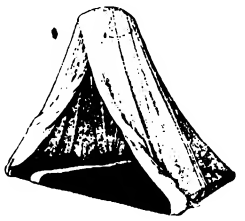
Mail Order • Books on Cultivation

Koala Ginseng™ Product

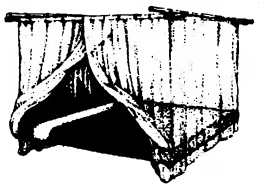
"Setting the Industry Standard for Top Quality Australian Grown Ginseng"

MISSABOTTI IMPORTS

MOSQUITO NETS



Elegant 'INDIAN' design
3 mtr Drop
3 mtr diameter at base
100% Cotton
Floor to ceiling door
Hoop included
To fit King, Queen, Double
(Also comes in Single/cot size)
Large $110 Single $75



Spacious 'EAST ASIA' design
100% Cotton
Comes in four sizes

	Drop	Lth	Wth	
King	2.5mtr	x 2mtr	x 2mtr	**$110**
Queen	2.5mtr	x 2mtr	x 1.5mtr	**100**
Double	2.5mtr	x 2mtr	x 1.3mtr	**80**
Single	2mtr	x 2mtr	x 1mtr	**50**

Prices include postage and handling within Australia.

Unlike synthetic fibres pure cotton allows maximum ventilation and does not attract dust. In a range of sizes to suit all tastes and bed-sizes, these AAA quality nets come with a money back guarantee. A peaceful nights sleep for the whole family pesticide free, bug free.

Send cheque or money order to:-

MISSABOTTI IMPORTS PO Box 75 Bowraville 2449 Ph: 02 6564 4005

NOBODY TOLD US FIBREGLASS TANKS CAN EXPLODE

by Jose Robinson, Wild Cattle Island, Qld.

We bought a 23,000 litre (5000 gal) fibreglass water storage tank approximately twelve or thirteen years ago. About four years later, we added another fibreglass tank to the system. This time it was a 27,500 litre (6000 gal). We have no piped water to the Island, so we have to rely on rainwater to run the household and keep our extensive vegetable garden growing.

These tanks were advertised as long-life, no rust, no osmosis, with UV stabilised materials.

Because everything appeared satisfactory, recently we added a third fibreglass tank to our collection. This time it was a 4500 litre (1000 gal) capacity. At the time of purchase, we believed the tanks were guaranteed for fifteen years.

Early in April at around 3am we were awakened by a terrific bang. The noise seemed fairly close to the house, but sometimes in a drowsy state you tend to not quite believe your ears. (Maybe a dream?) We sometimes hear the crack of a big old tree out in the Island forest splitting and falling over. It too is quite a disturbing noise. However, we both sat up in bed asking, 'What was that noise?' Supposing it was a tree falling, we went back to sleep.

I was up around 5.30am next morning (my usual coming-to-life time). Upon opening the back door, I was confronted with utter devastation close to the rear of the house. Our full-to-the-top 23,000 litre water tank had exploded into many fragments, letting loose our entire winter water storage. It was all soaked away on the bare sandy ground. There is nothing like dry sand to soak up water instantly.

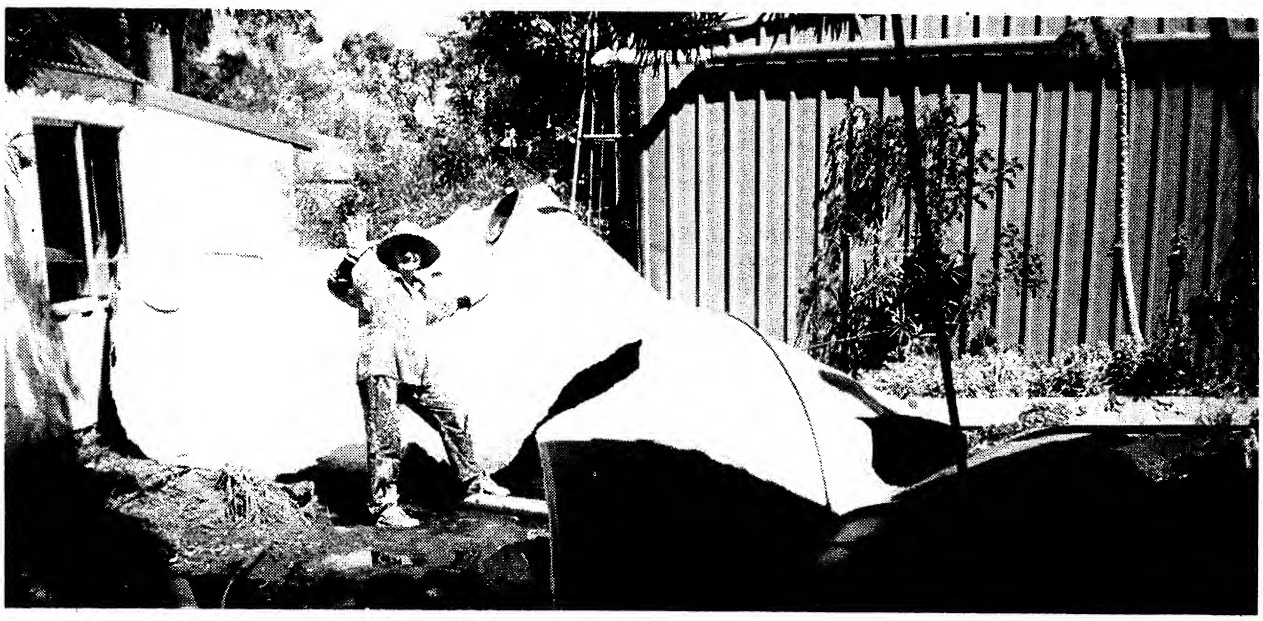
This has been a drought year for the coastal central Queensland area. Unlike our northern neighbours, we missed out entirely on the usual expected wet season which is normally January/February/March. January brought only 53 mm, February looked a little more promising with 129 mm, but March brought only 7 mm of rain and a lot of drying winds.

Our other water tanks were all empty, with the exception of one which was less than half full. We'd been saving the 23,000 litre tank to see us through our normally dry winter. Now it was all gone. I felt like sitting down and bawling my eyes out.

The force of the water in the exploding tank had done no structural damage to the back of the house or adjacent workshop and studio, but some of my gardens were completely washed away, including a solid two-tier Bessa block border. These blocks ended up halfway to the beach. Small trees and plants on our near boundary had sailed away, as had several 20 litre drums of chlorine for the swimming pool which were stored under the low-set house. A drum of plaster of paris for my sculptural work was swept away by the force of the water. Pipes and other incidentals, including my paddle board, were all victims of the rush of water.

Later in the day, we contacted our insurance company, to be told that water tanks are not covered by insurance. Typical! But it was the 23,000 litres of water that was the most devastating loss. Water here is like gold.

All this happened just three days before we were due to take off for Sydney to join a P & O cruise on the Fair Princess out to Vanuatu and Noumea for our holidays. Several STD phone calls later, we discovered the firm who had manufactured our fibreglass tanks had gone to the wall, and a completely new and different type of tank was being manufactured by a new company. No joy for us there, and a useless guarantee.



Jose amidst the shattered remains of the 5000 gallon fibreglass tank.

We had to install another tank immediately, in case by some remote chance there could be some rain while we were away on holidays. No more fibreglass tanks for us. This time we bought a different substance which hopefully won't be as prone to damage by ultra violet rays. We're considering building a roof over the new tank for added protection.

At the time of purchase, all up, our existing fibreglass tanks cost us approximately $5000. Our newly purchased tank was just under $2000. Nobody can afford to throw away that sort of money.

I've never seen things move so quickly around here before. The new tank was ordered by phone, delivered to the water's edge, where we took over to transport it to the Island. Don had a couple of mates help him install the tank, then he connected the relevant plumbing. We cleaned up the dreadful mess of the fragmented tank the afternoon before we were due to leave for Sydney for our trip. It just shows, where there's a will there's a way.

However, I wouldn't advise anyone to buy a fibreglass water tank of the type we had. They can explode after a few years and do untold damage to both the home surrounds and the wallet.

DARLING DOWNS HATCHERY

'Selectively Grown Purebred & Commercial Poultry'

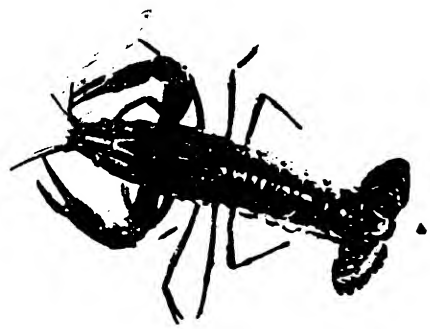
42 lines of assorted purebred & commercial chickens, ducks, quail and pheasants.

RESELLER AGENTS WANTED

Stephen & Tania Petersen
PO Box 1184, Toowoomba, Qld 4350.
Ph: 07-4632-1712
or fax: 07-4632-0730 all hours.

FIRST, CATCH YOUR YABBY

by Vince Conlan, Binya, NSW.



Catching yabbies is always fun but rarely easy. The biggest yabbies I have ever caught were poached from our neighbour's dam and were all the sweeter for it. Armed only with cotton and slightly green meat my brother and I hunched on our haunches and waited for the first bite. Our cotton lines pulled tight against their anchor sticks and we rushed to the water's edge. Carefully, as if unravelling spider webs, we pulled the yabbies closer and closer to the shore. Huge claws, and I mean really bloody long ones, broke the water's edge. Slowly, the first yabby appeared. Its beady little eyes stared straight through me. Only wimps use nets and that was just fine by me, but there was no bloody net. Gathering courage, I launched into attack, scooping mud and water, but no yabby, high up onto the bank. It got away and thank God too! My brother meanwhile was nonchalantly hauling yabby after yabby from the dam. The smallest was 25 centimetres long. I caught it, that's how I know. My brother caught the rest and he made sure I knew it was the smallest.

Once you have caught a few yabbies, here is a great way to eat them.

Pure Australian Yabby Con Fettucini

serves 4 adults

1 kg fresh fettucini
2 medium sized cloves of garlic
30 medium sized yabbies
olive oil
bunch of fresh basil

Peel the shells off your yabbies and let them sit to drain. Buy fresh fettucini or make your own. The dry stuff in packets is just not as good. Boil the fettucini until it is cooked. Drain off the water and add a dash of olive oil. Mix in the oil so the pasta does not stick.

Dice the basil. Dry basil will work as well, but it's never as nice. Add some more olive oil to a deep pan and heat. Throw in some finely diced garlic. When the garlic has browned throw in the yabbies and fresh basil. Cook for one minute. Add yabbies, pasta, oil and basil to fettucini. Eat it while it's hot.

DRESSED-UP YABBIES

In a vitamiser blend ½ cup ricotta cheese, ½ cup yoghurt and 1 teaspoon lemon juice. Remove from blender and stir in 1 tablespoon finely chopped dill leaves. Serve over freshly cooked, hot yabbies.

ALTERNATIVE THERAPIES FOR ANIMALS



$68 Pet Power Pack First Aid Kit
$73 with flea, worming & heartworm prevention.
$24 only for flea, worming and heartworm energy.

Please contact Jackie Fitzgerald for other products available.

Jackie Fitzgerald: Homoeopath, Herbologist, Reiki Master.
Shop 4, 658 Pittwater Rd, Brookvale NSW 2100, Australia.
Ph: 02-9939-0410 Fax: 02-9939-0404 Mobile: 041-778-8858

The Magnetizer

***will . . .* Put the soft touch on your hard water problems**

STOP corrosion in water **PREVENT** mineral fall-out
ENHANCES plant growth **ELIMINATE** algae problems
REDUCE WATER LOSS & WATERING TIME
Fits in minutes, lasts virutally forever – No maintenance required

Backed by a 90 day unconditional money back guarantee

Free water analysis with each unit sold

For further information ph 1800 064 758

FOLK WISDOM ACROSS THE YEARS

In bygone days doctors were expensive and, before the era of universal motorised transport, out of reach of many country families. People, by and large, took care of themselves, with tried and true remedies being handed down from one generation to the next. We might all have transport these days, but there is satisfaction in being able to deal with minor medical problems ourselves and keeping old traditions alive. Of course, for serious situations, or even on occasions when you are not quite sure, don't hesitate to consult a qualified practitioner in your chosen modality.

GREAT GRANDMAMA'S RECEIPTS

by Pam Cole, Tuncurry, NSW.

Great grandmother's book of *Good and Tried Receipts* and Grandmother's 1950 edition of *Country Women's Cookbook* contain many fascinating pages on home nursing, kitchen medicines, and advice for good health. Out of regard for the reader's safety and digestive system, anything which could be swallowed is remaining undisclosed, but many of the other items seem sensible and useful, or at the very least, quaintly interesting.

GRANDMA'S HINTS

Wounds, Bites and Breaks

To stop excessive bleeding use sugar, being an antiseptic it's quite safe to use.

For insect stings apply damp salt and bandage the site.

To treat a whitlow or felon, as soon as the complaint manifests itself apply a poultice of white of one egg and one teaspoon of salt on a cotton cloth.

To treat bites and sharp thorn pricks apply a poultice of bread, vinegar, borax and warm honey. It draws out the poison.

To ensure a supply of sterile bandages it is an excellent plan to keep a linen bag or pillowcase full of soft white rags (lint, butter muslin etc). If it is kept boiled every week, and dried in the bag in the sun, it is always ready and sterile. Remember that the contents are no longer sterile once the bag is opened, and so must be boiled again after use.

When fractures occur, splints may be improvised from such material at hand as newspaper folded into several thicknesses, magazines, cardboard, lino, fibro-cement. Padding for the splints can be made from any soft clean rag, wool, tissue paper, or shavings.

Disinfectants and Deodorants

Disinfectants and deodorants for the sickroom are also to be found in such kitchen commodities as sulphur, lime, turpentine, kerosene, permanganate of potash, ammonia, formalin, tobacco,



charcoal, mustard, soda, fumes from burnt paper or grass. One wonders how many of today's kitchens contain these substances! Apart from mustard and soda, I had none in my rather old-fashioned pantry.

GREAT GRANDMA'S HINTS

And now for the intriguing pages of Great Grandmother's book. Here I found such delightfully phrased items as the following.

Earache, Toothache and Nervous Derangement

In the absence of organic disease, earache may be caused by cold or by nervous derangement of the body. In the first case, the proper remedy is warmth; in the other, attention should be directed to the restoration of the body to a healthy standard.

To cure toothache take a small piece of sheet zinc, about as large as a sixpence (five cents), and a piece of silver, such as a shilling (ten cents). Hold one each side of the defective tooth, let them touch one another above it, and the electric current thus established will relieve the pain.

Take A Deep Breath

The first thing in the morning, standing by an open window, with heels together, head erect, shoulders down, and the body practically presenting a straight line from neck to heel, the mouth must be lightly closed, and the breath taken deliberately and noiselessly through the nose, while six is counted (in the head as children say); this breath must be held in the lungs while twelve is mentally counted, and then it is to be quite evenly and slowly exhaled to a count of eight.

Care Of The Bedridden

A preparation for bedridden patients if the skin is broken. The following should be applied daily with a feather: the white of one egg beaten up with one teaspoon spirits of wine.

To treat chilblained or chapped hands, wash the hands well in warm water and soap and, after rinsing off the soap, take a small portion of honey while the hands are yet wet and rub it well in. Let it stay a short time and pat the hands dry with a towel.

To prevent spread of infection, few people know that an onion, cut up into four parts and put in a sickroom, where there is any infectious disease, takes in all the infection.

MEDICINAL HERBS

220

Varieties of Dried Medicinal Herbs

25g - 500g

BEST PRICES

Send 2 x 45c stamps for a catalogue to:

GENESIS HERBS

287 Leopardwood Rd

Cedar Grove

Ph/Fax: 07 5543 2625

To make an antiseptic tooth powder mix 1 oz (30 g) prepared chalk , 8 drops pure carbolic, any scent to taste.

A wash that effectively cleanses the skin of the head, overcoming the cankerous disease which causes it to fall off, may be prepared as follows : 1 oz (30 g) rosemary, 3 gills (450 ml) water, 1 oz southern wood, 2 oz compound spirit ammonia, 3 oz olive oil.

So there we are! Included in both books are numerous potions and cures to be mixed from household ingredients, bottled, and meted out in teaspoon or tablespoon doses. These range from a restorative tonic involving whole eggs, dissolved shells and all, in a bottle of best red wine, through cough mixtures containing linseed and liquorice, to indigestion remedies and invalid cookery.

These were used by responsible country ladies of an earlier day and must have been safe and useful in order to be recommended by the respected authorities publishing both books. These days we find them instructive and nostalgic to browse through and, who knows, perhaps useful to remember in emergency conditions of the future.

MY MOTHER USED TO SAY

by June Birkett, Crystal Creek, NSW.

Mum was born in 1903, just two years after the death of Queen Victoria and she came from a small but beautiful mining town in northern England. Early in her twenties she sailed from her home, halfway across the world to Sydney and lived in the harsh Australian bush near Wagga Wagga to raise six children. What Mum did not know about self-sufficiency was not worth knowing. It is a great pleasure to share some of her knowledge with GR readers.

GENERAL HEALTH

This was the most important area for a woman with a large family not able to pay for a doctor. Mum and her family all lived to their late eighties and some into their nineties and all shared the same health hints.

Barley water is excellent for cleaning the human system, especially the kidneys. Mum would have a glass of barley water first thing in the morning and last thing at night. To prepare the barley, put half a cupful in a pan and gently bring to the boil, then simmer for 15-20 minutes. Let stand for an hour, strain off liquid and put it in the refrigerator. Then use at will. The barley can be used in soups or mixed with beef cubes to make a curry.

Parsley water has the same cleansing effect. The parsley needs to be chopped finely then covered with water and gently simmered. It can be left in the water, or strained out. Store in the refrigerator and have a cup each morning.

Burns

Living with wood stoves and campfires Mum suffered her fair share of burns, as did the six children. When a burn occurred, the patient was either placed in a tub of water or the affected part held in water. The water must be as cold as possible and today ice can be placed in it. The part of the body that is burnt should be kept in the water until the pain has stopped. If, on removal from the water, the pain returns, place the affected area back into the water.

My five children and I have all had serious burning of the body. In my thirty years of child rearing I often applied this method and, in the case of one son with third-degree burns, he does not have even a scar today.

Earache

When an earache is driving the children or yourself mad, warm some olive oil, 1 - 2 teaspoons, and pour a small amount into the affected ear and place a small amount of cotton wool over it.

Headache

If you choose not to use drugs, try placing a washcloth dipped in ice-cold water over the forehead and lie down for twenty minutes. Breathe in and out slowly, relaxing your head and neck muscles. Placing the cloth over the eyes is also a great help.

Sore Throat

Mum was a fanatic about common salt. If your throat is sore, gargle with a cup of fairly hot water and a half tablespoon of common salt three times a day. This is a great help, often curing the pain completely.

Aching Limbs

To relieve tired or aching legs and feet, soak them in hot water in which a tablespoon of salt has been dissolved. To stop leg and back pain, lie on the floor and put your legs above you on a lounge or chair for 15-20 minutes, longer is even better. Breathe deeply and relax.

Cuts or Abrasions

Nothing beats good old-fashioned iodine. Use a piece of cotton wool or a cotton bud to cover the broken skin areas with iodine; heals in half the time. When the skin is broken, always wash the wound clean and sponge with antiseptic, or place antiseptic in a bath, to prevent germs and infections from the start. The quicker this is done when skin is broken the better.

Cleanliness

If the body is kept clean, when accidents occur it has less problems to deal with. Fresh foods keep the body clean inside and allow the body's natural functions to perform. Mum was a great believer (and so was I) in the benefit of a teaspoon of cod-liver oil each morning to help with colds and flu, arthritis, bowels, almost everything. When you are not used to taking the cod-liver oil, take a peppermint afterwards to kill the taste. Usually, after a while you will find you do not need anything to take with the oil.



HOMEMAKER DEAL

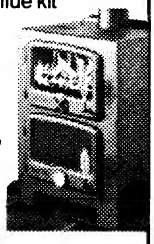
SLOW COMBUSTION COOKING AND WATER HEATING SYSTEM

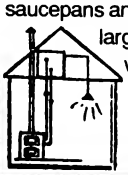
Nectre Bakers Oven

Solapowa 250lt Hot water tank

12" shielded stainless steel flue kit

Enjoy good old fashioned country cooking - succulent roasts, bake your own crusty bread, large hot plate for saucepans and wok cooking, large firebox to warm all your living areas





only **$2895**

KEV WIGNELL Trading Co. Pty Ltd

38-42 Smith St Collingwood 3066

Ph: (03)9417 3449, (03)9417 3315

PASSIVE SOLAR DESIGN

by Fran De Luce, Woodridge, Qld.

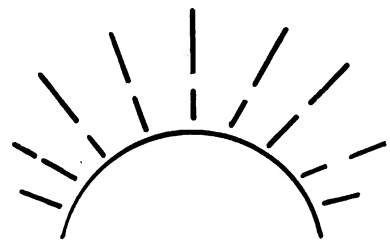
Present energy sources are costly and finite and many home builders and renovators are now incorporating passive solar ideas into their designs. A passive solar house is one which stays warmer in winter and cooler in summer by effective use of the sun's energy in combination with appropriate site planning and passive solar features in architecture which make full use of the natural elements. The building is constructed to fit its particular climate in such a way as to reduce energy consumption for heating and cooling requirements.

In such a design all components – floors, walls, windows and roof – interact to become part of the passive solar system. The main design elements to be considered are landscape, orientation, mass, glass, insulation and ventilation.

SELECTING A SITE

When selecting the block on which to build, take along a compass which will aid greatly in determining the directions. Blocks facing south are best, but south-easterly or south-westerly orientations can be adapted. This ensures that both indoor and outdoor living areas will have a northerly aspect. Generally, buildings that are longest in the east-west direction are more efficient for winter heating and summer cooling. This orientation allows for maximum glazing to the north and minimum east-west exposure to morning and afternoon sun.

With planning, it is possible to overcome most disadvantages and every effort should be made to understand the microclimate of the district and its geographical features. Prevailing winds, rain, amount of sunshine and shade, temperatures and humidity, all have a bearing on the building. Wind direction is important as summer winds may be cooling but winter ones can result in a loss of heat. The amount of sunshine received is important, especially in the extreme heat of summer.



Proximity to the ocean, a river or even a lake will have a modifying effect on the temperatures. These water features are natural thermal storage units which will also affect solar radiation. Even a range of hills can affect the building as it might delay morning sunlight reaching the house, or winds might be channelled onto the site causing temperature variations. A house situated in a valley could be colder in winter because cold air tends to lie in depressions.

Before finally deciding on the site for the house there are other factors that should be considered, such as proximity to a neighbouring property, physical characteristics of the block, privacy, access for vehicles and views. If trees are to be left standing, it is well to consider the advantages of shade in summer against the disadvantage of overshadowing in winter. Deciduous trees can be planted to overcome this as they allow sunlight to reach the house in winter when it is most needed. Shadowing from nearby buildings must also be taken into account. At present there is no protective solar access legislation but guidelines are being developed.

DESIGN CONSIDERATIONS

Passive solar designs aim at the following:

- preventing hot summer sunshine entering the house
- getting utmost benefit from prevailing breezes which cool the house in summer
- allowing the sunshine into the house in winter
- retaining warmth in winter by excluding cold winter winds.

Should any of these factors conflict, it is generally possible to compromise by making some modifications to the design or using an alternative method to obtain the desired result.

Room Placement

The best aspect for indoor living areas is north or north-east which will preclude exposure to hot afternoon sun in summer. Hot late afternoon rays in summer strike west and south-westerly walls. If this orientation cannot be avoided, use large overhanging eaves or some other form of protection.

In winter the sun is low in the sky and north and north-easterly facing areas receive direct sun for almost the entire day, which warms the living areas for the cooler hours of the night. Windows opening on the north and south side of the house generally ensure good ventilation, especially if the openings are located at the opposite sides of rooms to allow for cross-ventilation.

Sleeping areas are best situated where they do not face east as the early morning sun penetrates from sun-up until around 10 am in summer. Windows should be placed to allow for cool evening breezes and cross-ventilation if possible.

As much time is spent in the kitchen, it should be situated with a window facing north or north-east to allow for maximum natural light and pleasant sun during the winter months. Natural ventilation of the kitchen is a most important factor as cooking generally entails using some heat and there are often unpleasant odours arising from the food cooked.

If the kitchen is placed on the north or north-east side of the house, breezes blowing from the south or south-west can pass through the other areas of the house and finally through the kitchen and out, taking with them the hot air and odours.

Thermal Mass

In passive solar systems, thermal mass is an important component. Thermal mass

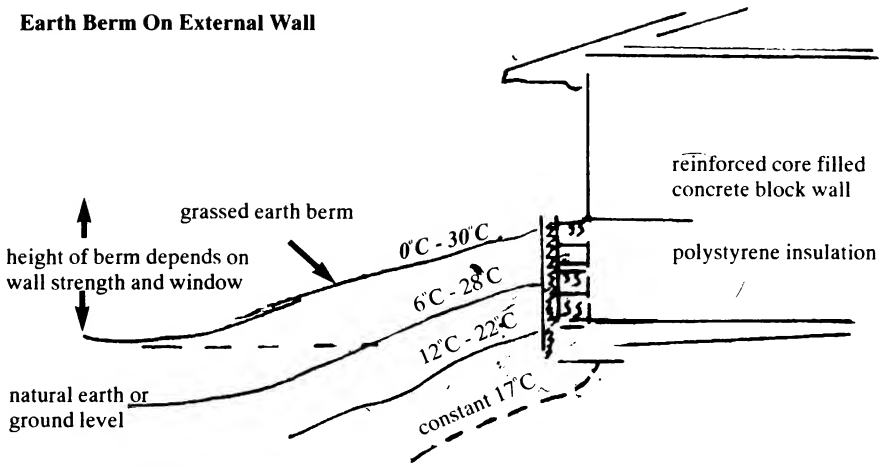
is all the internal brickwork, concrete and timber. It is important to maintain sufficient thermal mass to level out the excesses of high and low temperatures. Any material which absorbs solar radiation is heated. The amount of heat that can be stored in that material is measured by volumetric heat capacity. This is a function of the material's density and specific heat. Some building materials have a greater capacity for storing solar energy.

Concrete and 'solid' masonry materials have a natural advantage in heat storage capacity and this is magnified by the normal thickness or volume of these materials when used in the construction. The use of concrete slab floors for thermal mass is particularly important as most of the sunlight passing through the windows falls on the floor. During the day the thermal stores of floor and walls will continue to conduct heat to their masses, building up a 'heat bank'. At night, when outside temperatures drop and the interior spaces begin to cool, the heat flow is reversed and heat flows from the thermal storage masses into the room, maintaining a comfortable temperature.

Good conducting materials with dark surfaces, such as quarry tiles, slate or vinyl should be used on floors receiving sunlight. Insulating floor coverings such as carpet, cork tiles or grass matting limit the potential advantages of a thermally massive floor.

High thermal mass is useful in areas not exposed to direct or reflected solar radiation in two ways. First, in hot weather thermally massive floors and walls absorb heat from the internal air. Second, when insulated from the outside air temperature, thermally massive elements provide a more gentle fluctuation between the extremes of temperature in summer and winter.

Earth Berm On External Wall



Glazing

Glazing allows the transmission of nearly all solar short-wave radiation while at the same time reflecting most thermal (long-wave) radiation. Solar energy streaming through windows is absorbed by internal materials and reradiated as long-wave radiation to the interior but is unable to pass through the glass to the outside. The reradiated long-wave thermal radiation is deflected back to the interior, heating materials and air much more than if they were not contained behind glass.

Insulation

Insulation of cavity walls will assist in retaining warmth in winter and prevent heat rise in summer. Polystyrene is used extensively in Australia, either in its foam form or dry. Double-sided reflective foil is especially useful as insulation between the roof and ceilings. If used in cavity walls it is fitted against the inside of the brickwork during construction. Air gaps are left between the insulating material and the bricks.

Ventilation

Cross-ventilation will help provide for cooling in summer as well as conserving heat during winter. Outlets such as doors and windows should have approximately the same areas as the inlets and should be located opposite incoming air sources. A room with only an inlet and no outlet will have minimal air circulation. If the outlet is too high on the opposite wall, air nearest the floor will not flow. Double-hung windows are good as they can be partially open both at the top and bottom, permitting cold air to enter and push the hot air through the top opening.

Eaves

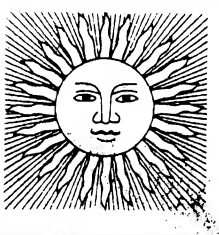
When a house gets hot it is often because heat has been transmitted through unprotected or poorly protected windows. In fact, ten times more heat can pass through a window than through an uninsulated brick veneer wall of the same area.

Although overhanging eaves can be designed to give adequate protection during summer to windows facing north, the widest eaves will not adequately protect windows facing east and west. The best way of reducing the heat flow is by using external shades. On very hot days further protection can be gained by using internal drapes in conjunction with external shades.

Two types of external shades are available, fixed and adjustable. Solar

MAIL ORDER CANON / UNI-SOLAR PRICE LIST 1999

The very latest solar power technology at electrifying prices! At last the breakthrough in performance and price that heralds the dawn of a new power age. These amazing new generation thin film panels are formed onto a thin stainless steel sheet. They are long lasting, light weight, practically unbreakable, and watt for watt are guaranteed to outperform crystalline panels in high temperatures and partial shade due to the advanced triple junction, parallel cell architecture.



MODEL	FRAME	LENGTH	WIDTH	DEPTH	WEIGHT	AMPS	PRICE
US-64	Rigid	1366	741	46	9.17	5.1	$499
US-42	Rigid	928	741	46	6.27	3.3	$349
US-32	Rigid	1366	383	46	4.80	2.5	$299
US-21	Rigid	928	383	32	3.00	1.6	$239
US-11	Rigid	491	383	22	1.63	0.8	$179
USF-32	Flex	1430	425	5	2.14	2.5	$449
USF-11	Flex	554	425	5	0.91	0.8	$199
USF-5	Flex	554	247	5	0.54	0.4	$129

Great prices also available on wind generators, batteries & inverters. We will save you thousands!
UNIVERSALITY OF THE SUN PO BOX GR231 PALMYRA WA 6157 PHONE 04 1893 4607 FAX 08 9339 0230

film or open patterned louvred screens can be used to protect the window without losing the view.

Eaves are the most common way of screening sun from windows and it is not unusual to find them on all sides of the house. Eaves on a north-facing wall should be designed to completely shade windows during the height of summer. It is possible to extend eaves so that they shade windows at other times but such action reduces the amount of autumn and spring sun entering the house. To counteract excessive heat during these seasons, white or silver-backed internal drapes or blinds can be used.

Earth Temperature

An important factor in passive solar design, and one sometimes not taken into consideration, is the temperature of the earth on which the house is erected. In temperate areas of Australia the earth below a depth of two metres remains at an almost constant temperature of 17°C. Above this level earth temperature fluctuates with the season and depth. In this respect the earth acts as a giant thermal store. If a concrete slab floor is laid on the earth it adopts an average temperature similar to the deep-earth constant. The range of temperature depends on the seasons but the larger part of the slab will remain around 17°C. Around the edges of the slab the temperature will range between the deep earth constant and the air temperature.

Insulation placed around the perimeter of the slab will protect it from excessive temperature fluctuations. An earth berm placed against the external walls is most advantageous, but, if this is intended, the external walls must be designed as simple retaining walls using reinforced concrete-filled hollow blocks. Insulation can be placed, with a waterproofing membrane, against the wall before the earth berm is placed. Grass or some other groundcover should be planted to prevent erosion.

Insulating the ground slab and using an earth berm will keep the floor slab at an almost constant temperature of 17°C. In winter when the outside air temperature drops the slab acts as a source of heat and in summer when the air temperature rises the slab will act as a huge cooling element.

Storage Walls

Storage walls used for heating or cooling require careful planning. Storage (or Trombe) walls, designed for temperate climates should have an optimum thickness in solid masonry of between 200 and 300 mm. This can be done with heavy standard bricks laid double thickness. Concrete blocks are also available for this job and have hollow cores which can be filled with sand or concrete. The outside face of the wall should be painted black. The internal face may be of any colour. Vents top and bottom should be spaced at less than one metre. The total area of internal opening vents should be about two percent of the wall area divided equally between top and bottom. Depending on the extremes of climate, the area of a storage wall needs to be between one-fifth and one-third the area of the floor space.

SUMMARY

When planning a passive solar design it is necessary to consider the following points:

- Microclimate of the block on which the home will be constructed.
- Orientate the building to gain most benefit. Plan for maximum north orientated windows.
- Reduce and carefully design windows in walls other than those facing north.
- Use reinforced concrete slab on the ground floors which can be insulated.
- Earth berms should be considered for use against south and west external walls.
- Use northern walls as solar storage (Trombe) walls.
- Provide hard, dark surfaces to floors and walls internally.
- Plant deciduous trees and shrubs for summer shade.
- Carefully design eaves and place windows and doors in most advantageous positions for cross-ventilation.

Given the current costs of energy it is vital that Australians consider the concept of passive solar housing as a positive alternative. Such housing designs are low energy consuming, comfortable to live in and add very little to the cost of construction.

See *Grass Roots* issues 87 & 92 for more articles on passive solar house design. Back copies are available for $4 each (incl p&p).

COMPOSTING TOILET SYSTEMS

Easily installed anywhere

Approved by Health Commissions and the EPA

New domestic model now available

Please send more information to:

Name ----------

Address ----------

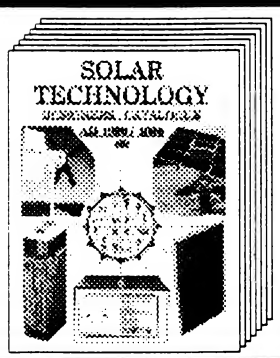
Postcode ---- Phone ----------

CLIVUS MULTRUM AUSTRALIA

Melbourne Office
PO Box 189,
Bentleigh 3204.
Ph: 03-9557-6943
Fax: 03-9557-4786

Brisbane Office
115 Railway Ave,
Strathpine 4500.
Ph: 07-3889-6144
Fax: 07-3889-6149

Solar Technology Designer's Catalogue 1999



Now entering its 9th year, this compelling 150 page design manual/catalogue is endorsed by thousands of enthusiasts as their *renewable energy bible!* This edition is substantially revised, and written in a clear and innovative style to keep you abreast of this rapidly evolving field.

- ESTIMATING YOUR ENERGY REQUIREMENTS • POWER SYSTEM SIZING AND DESIGN
- SOLAR POWER PANELS • SOLAR RADIATION MAPS • WIND GENERATORS • BATTERIES
- INVERTERS • CHARGERS • REGULATORS • ENERGY EFFICIENT APPLIANCES
- PASSIVE SOLAR BUILDINGS • WATER PUMPING and a myriad of related subjects.
- All the latest most advanced equipment on the Australian market, including our comprehensive discount price lists that could save you thousands.

From beginners to experts, this is undoubtable the first, and perhaps the only book to read before designing, purchasing or assembling a renewable energy system.

FOR RENEWABLE ENLIGHTENMENT RUSH $79 TO
UNIVERSALITY OF THE SUN PO BOX GR231 PALMYRA WA 6157 PH 04 1893 4607

PERFUME

Did you know as many as several hundred chemicals can be used in the making of a commercial perfume? Try this recipe for a gorgeous alternative. Combine 4 tbsp fresh rose petals, 1 tbsp fresh basil leaves, 1 tbsp fresh peppermint leaves, 1 cup vodka, 2 tbsp grated orange peel, 2 cups boiling water. Soak the rose petals in vodka in an airtight jar for a week. On the seventh day crush the herb leaves and steep, with the grated orange peel, in boiling water. When cool, strain both liquids and mix thoroughly together. Store in an airtight bottle.

ADDRESS FOR NO FIXED ADDRESS

Landbase Australia is a new service to provide a safe and reliable mail-forwarding and message service nationally and internationally for all long-term travellers with no fixed address (backpackers, campervanners, touring cyclists etc). It has been set up with the help of a federal government grant by a seasoned traveller who has experienced the problems of unreliable delivery of her mail.

Registration for six months is $40.

Contact: Jan Baetz, Ph:+61(O)18 68 64 61. Fax:+61 0243 23 73 26.

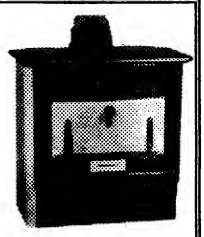
FOOD

The secret of good taste is to serve food freshly baked with fresh ingredients. Cakes and biscuits cooked with good butter still taste the best. When serving vegetables such as carrots, add a dessertspoon of honey and a tablespoon of butter with a touch of cheese melted in to have the family asking for more.

Potatoes can be creamed with onion or cheese added for more interest. Children seldom refuse food if it tastes good.

Chopped parsley, chives, dill leaves or mint can add zest to many a meal. Grow in pots handy to the kitchen.

AUTHENTIC AUSTRALIAN WOODSTOVES



Features include:
* *cast iron cooktop*
* *low operation cost*
* *top fired oven*
* *optional hot water coil*

Come home to a warm kitchen this winter!

The Homesteader

INQUIRIES AUSTRALIA-WIDE PHONE

1800 654 766

W.D. Moore & CO.

Peppermint Ridge Farm

SPRING 1998 WORKSHOPS

Sustainable Living and Farming

18/10: *Sustainable living*
24/10: *Indigenous cultural awareness*
25/10: *Organic vegetable growing*
1/11: *Bush food*
8/11: *Sustainable property planning*
13 or 14/11: *Art & the environment*
15/11: *Free range poultry*
21/11: *Solar energy & design*
22/11: *Native plants & land management*
28 & 29/11: *Introduction to permaculture*

540 Tyneng North Road, Tyneng North
75 km S-E of Melbourne

Come and join us for the opening of our
EDUCATION & WORKSHOP CENTRE
Saturday October 10
11am - 3pm
Music, stalls, murals, bush food, permaculture garden displays
Entry $5.00 Adults Children free

Ph: 03-5942-8580 FOR WORKSHOP BROCHURE



The KING of BRICKS

Beautiful pressed mud bricks from the best of Central Victorian Goldfields clays.

Excellent structural properties.

Ideal for owner builders and architectural applications.

Finish sculpts to your shape - including soft, rounded, "santa fe" style.

Prompt delivery and on-site support anywhere in Australia.

95¢ per block

TERRA FIRMA BRICKWORKS

☎ 03 5469 1350 today!

Live *Naturally*

Remember the days when painting was safe and simple? Well times have changed and today we know that synthetic paint can be dangerous to your health. At Bio Products Australia we have the expertise to provide you with information why Natural Paint is better for your family and the environment. Natural Paint is made of chemicals found in food ingredients such as linseed oil and soya bean products, so, while it's not recommended you drink your natural paint, your health certainly won't be at risk.
So, try our natural paints. To find out more

Phone us, FREE on 1800 809 448

and we'll mail you "Toxic Information" - FREE!

And please remember! All our products are better for you, and for your home environment. To know more about them, prices etc. , simply contact us!

Bio Products Australia Pty. Ltd.,
25 Aldgate Terrace,
Bridgewater S.A. 5155

I B O

THE JEWEL OF SELF-SUFFICIENCY

by Helen Garretty, Yallourn North, Vic.

Grass Roots is all about self-sufficiency. There are city-dwellers who dream of it, rural folk toiling towards it, but also many who are troubled by what they perceive as a deep chasm in their heart – no partner with whom to share their dreaming or their journey.

Having a partner is essential to happiness in life. Consider the practicalities. Single people pay the same costs – rates, water, heating, vehicle, insurance, pets, property maintenance. They still need the full range of household items. They can't move that wardrobe, or steady the ladder whilst changing a globe. On rural properties there are many tasks that they cannot do single-handed without sophisticated equipment. Being partnered is economically cheaper – even the tax. Work can be shared and there are more skills available. Yes, you definitely need a partner. You need that second pair of hands, a second opinion, moral support to get through the crises, to talk things over, to share your mini-nervous breakdowns, and your costs.

For some singles, a potential partner may once, even twice, have been identified, but there were many hazards. The risk of failure, financial loss, a repeat of past trauma, or simply fear of the unknown. There was the house or farm and the job to consider. It is hard to leave something on which you have spent so much energy, and perhaps resources, unless you are dissatisfied with it anyway. The new partner may turn out to have intolerable habits or obsessions.

Those who have already experienced partnerships know their failings, but also know the joys of sharing, of which they are constantly reminded by their partnered friends. For singles, the family makes it all too plain that their eccentricities or faults are the cause of their failure to attain happiness. It is human nature to expect others to be the same as us, and for couples, particularly if they have children, single people are a constant reminder of what they have sacrificed, so they are compelled to criticise.

Society shouts: 'Be partnered or be miserable!' Advertisements always show the happy couple, motels offer only doubles, holiday prizes are always for two. The rural press conforms by featuring farming articles accompanied by the happy family picture. Nowhere do you find the joys or advantages of single life extolled.

In truth, it is miserable being single! Society ignores you. You may even feel that you have no real relationship with the community in which you live. You go through the motions of living in it, but you might as well be at an isolated lighthouse. Your married friends are engrossed in their own affairs, there is a generational gap with your parents, you have nothing to talk about over tea-break at work, while others share toddler, teenage or grandchild joys and sorrows.

Never mind what brought you into this unhappy state. It is the easing of the pain which matters now. No good arguing that you are quite happy as you are, for in the eyes of the world you are a failure because partnering is natural.

Well, is it? What about those (very large) populations of the world which have practised polygamy or other relationships? A cohort of singles is, moreover, not unique to the twentieth century. They have always been there. The big change in this century has been the transformation of partnering from a familial financial contract into an individualistic search for love, a search which, for a significant proportion of people, ends with disaster. Nevertheless, we are urged along that path.

Singles are made to feel decidedly disadvantaged, because, the argument runs, 'If you live by yourself you get set in your ways, and you don't develop your full potential'. How many partnered people do you know who are totally flexible of habit and who have used all their talents? In reality, they dream just like you, but their dreams are of the things that partnering prevents them from doing. A feeling of fulfilment is rather like the satisfaction of having enough money – elusive, always in the future. Having a life-partner gives lots of pleasure, allows you to share, provides a comfortable social group and base from which you as an individual can face the world. But singles can do what they like when they like, take up new skills, change jobs, try scores of hobbies without fear of criticism, snore in bed, eat breakfast in the afternoon, and they can choose how much solitude they will have. Their partnered friends rarely enjoy any time to themselves. Solitude is an essential ingredient to fulfilment, the umbilical cord which connects us to the universe. It is our internal wilderness.

For couples, the trauma of separation is inevitable, often coming at a stage in life when people are least able to adapt. We may have to spend up to 30 years of old age by ourselves, particularly if we are female. Singles have a big advantage here – they are used to being self-reliant, satisfied with their own company, far more able to cope with the enforced loneliness of old-age illnesses.

Everyone dies alone, even if they die in company, because in the end we are all on our own. Fulfilment looms large on your death-bed, when your internal wilderness, your connection with the universe, is all that matters. The saying goes: 'Live each day as though it were your last.' Living as a contented single is the jewel of self-sufficiency.

Be Your Own Boss From Home

It's easy when you know how! And the best way to find out how is with the magazine **Australian Business & Money Making Opportunities**. Every issue is packed with information on business and money making opportunities *(full or part time)*. It's sold from Newsagents across Australia and N.Z. and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p&h) with your name and address to:

AB, PO Box 518, Dept GRB, Sth Windsor 2756.

We also produce the following guides: 101 Money Making Opportunities, How To Profit From Your Handcrafts & Hobbies, How To Start A Mail Order Business, Making Money From Flea Markets, Making Money With Your Camera, Making Money With Your Home Computer, Start Your Own Import/Export Business, How To Organise A Successful Home-based Business. **FREE DETAILS SENT ON REQUEST.**

Fax: (02) 4577 6942 or Visit our web site at www.profitcentre.com

ST JOHN'S WORT

by John Mount, Woodford, QLD.

Not so long ago if you mentioned the herb St John's wort, people would look strangely at you and possibly back away a step or two. The name it seems, immediately conjures up pictures of witches and their herbal brews. Although this herb has always been in the herbalism collection, it seems in recent times to have experienced a resurgence of public interest.

St John's wort *(Hypericum perforatum)* is a deep-rooted perennial also known by the names Jonswort, Aaron's Beard, and the Rose of Sharon. This herb has an astounding number of remedies to its credit and, at the risk of sounding like a snake-oil salesman of last century, I will list a few of its properties. It is credited with, amongst other things, correcting irregular menstruation, chronic uterine problems, dysentery, jaundice, and bed-wetting. It is also used as a nerve tonic, blood purifier, liver remedy, and a laxative. A heaped teaspoon of the seeds added to a cup of boiling water and taken internally will expel congealed blood from the stomach as a result of bruising, falls, or damaged blood vessels.

Other properties of the herb are aromatic, vulnerary, sedative, resolvent, diuretic and astringent. When a salve or ointment is prepared it heals caked breasts, wounds, ulcers, sores and boils.

Thirty grams of the dried herb added to 600 millilitres of boiling water and strained through cloth (not metal) will produce an effective infusion for coughs, colds and mild cases of colitis. A wine glass dose is considered sufficient when taken after meals.

Botanically, the name Hypericum is given to several species in Australia, with a few growing wild in many places and considered noxious, but the variety with known medicinal values is called *Hypericum perfortum*. This plant has a stem up to 60 centimetres high with five-petalled yellow flowers veined purple, and the leaves in part have dark splotches beneath. One particular species of Hypericum causes cattle that



eat the plant to become light-sensitive with serious dermatitis.

Organic™ Herb Growers of Australia Inc.

If you are an organic grower of herbs or other crops and want to be certified, OHGA is the organisation for you! We are the cheapest and friendliest Government recognised certification group in Australia. We are members of IFOAM.

Best of all: we charge no levy on your organic sales!

As a member of OHGA you will also receive our bi-monthly magazine "HERB GROWER".
For info on membership and certification contact OHGA, PO Box 6171, South Lismore 2480 or on phone 066-220100.
The OGHA office: 1/68 Magellan Street, Lismore
Our E-mail address: herbs@om.com.au

DO YOU HAVE A POULTRY PROBLEM?

Want to know more about Poultry?
Having trouble obtaining reliable Advice?



Your answer may be in a back issue of the exclusive magazine ***Australasian Poultry****. To find out, send a business-size SAE to the address below and we will forward to you a set of the Indexes to our back issues. Back issues are priced at $4 per copy, plus postage to non-subscribers, and a discount applies if 10 or more are purchased.*

Want To Keep Up To Date With Poultry?

Australasian Poultry *is the only magazine of its type in Australia. It is published every two months and contains breed reviews, practical farming experience, advice on diseases, nutrition, housing and management of all types of poultry, including emus. Look for it at leading newsagents, priced at $4.80 per copy, or have it delivered regularly to your letter box for only $27.00 per year.*

Poultry Information Publishers
PO Box 198, Werribee, Vic 3030.
Ph (03) 9741 3738

WORKING STIRLING STEAM MODELS

Repair manuals, books & video's for engines & tractors (oldies), steam & stirling (hot air) models. Books & plans catalogue $5.
Free brochures.

PO Box 136, Dayboro, Qld 4521
Ph: 07-3425-1698 Fax: 07-3425-1204

BOOKS & VIDEOS **by John Mason** **Full list Posted Free**

"STARTING A NURSERY OR HERB FARM"
159pgs New expanded edition published in 1997 $12.95
"STARTING A GARDEN OR LANDSCAPING BUSINESS" 160pgs, $19.95
"SUSTAINABLE AGRICULTURE" published late '97, 121pgs
"GROWING AUSTRALIAN NATIVES" covers 1400 plants, 144pgs, $19.95
"AUSTRALIAN NATIVE PLANTS" 53min Video $29.95
"PLANT PROPAGATION" 1hr 20min Video $29.95
"HERB IDENTIFICATION" 35min Video $29.95



http://www.acs.edu.au/publ1.htm
P.O. Box 2092, Nerang, Qld, 4211
Phone: 07 5530 4855

Mail Order: Send payment plus $6.00 postage per order

RECYCLING RUNS RIOT

by Roberino, Arrawarra Beach, NSW.

MULTIPLE USES FOR MESH BAGS

The orange coloured mesh bags that you buy oranges at the supermarket in are great for many uses after you've eaten the oranges. They have literally dozens of uses. Here are just a few. You can buy the 'bags only' from just about any helpful fruit supermarket.

SCOURER

Make a more gentle scrubber than steel-wool for jobs around the house and workshop. Thread a piece of string centrally then draw tight, tie tightly and form the orange bag mesh into a ball, then allow a loop of about 15 centimetres for hanging in the shower, laundry, kitchen, workshop and garage. I use them for cleaning problem areas of the car such as wheels and under the door sills. Nothing gets rid of mud and grime faster.

STORAGE

Because these orange bags allow air circulation, they are ideal for holding things that are likely to go mouldy if shut up in plastic bags or boxes, and because you can see what they contain they save a lot of time. Shoes, for example, won't go mouldy in them and you can hang them up in a place where they can air and lose some of their smells. Spray inside with Dr Scholl's antibacterial spray for shoes. No more tinea.

Easy access can be had from either end of the bag by threading strong elastic at one end or both ends – eg for dirty socks and underwear. If kids can be encouraged to put their dirty clothes straight into these 'laundry bags' pairs of socks will remain pairs and you can keep each child's clothes together. When it's time to wash you can simply toss the bags into the washing machine, again saving time in sorting out. The floors will no longer be 'decorated' with dirty clothes. A miracle!

Don't put the orange bags into a dryer or else you'll end up with melted bags and ruined clothes. Cotton mesh bags would be the answer, but who makes them? A good cottage industry begging for someone bright enough?

Once you've dried the clothes on the clothesline you can put them back in the bags to keep clothes separated, socks in pairs etc and the elastic allows easy retrieval. Hang up in the wardrobe with other clean clothes, but separate from the laundry bags to avoid confusion as to what's clean and what's not. Coloured tie-on ribbons could provide a visual clue here, say red for dirty, green for clean.

Food storage and organising is another use. Some fruits and vegies store better if they are not in a plastic bag. Some go off very quickly due to the ethanol gas emitted by some others. Bananas will keep well if kept cool and aired, likewise onions. Someone more knowledgeable than I could write a very helpful article on food storage.

When you go camping it's useful to have items prepacked in see-through bags to save time both preparing for the trip and when you're there. Knives and forks, spoons, salt, pepper, not to mention all the old cooking gear. Be sure these are cold before putting them into the bags as plastic will melt if hot.

Art and craft items are a good thing to store in recycled orange mesh bags as materials for particular crafts/jobs can be categorised and easily retrieved each time you start work.

Those missing receipts can be easily found if you stick every receipt into a receipt bag, hung conveniently where you regularly unload your pockets or handbag.

Organisers for kids soft toys, any toys really, and so on, the storage uses are endless.

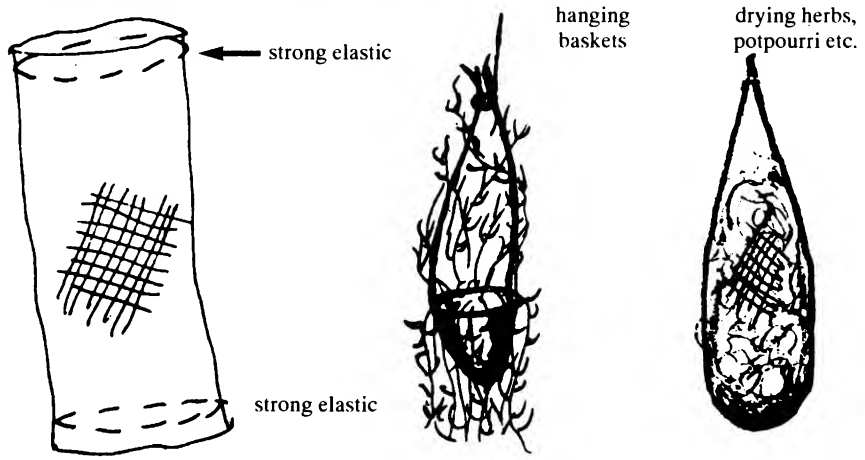
RECYCLE SOAP

Put soap ends in an orange bag and use when still in the bag. If very small, put into an old nylon pantyhose leg by first to contain the small bits.

DECORATIONS

Quick decorations can be done by weaving something through the mesh. Or use them to hang small pots of vines. They also make great airy containers for drying herbs or flowers.

Clothing Organiser for Home and Holiday Use



See-through airy, storage for shoes, socks, underwear, cleaning gear, old rags, fishing lines, camping gear, sleeping bags, workshop, items etc.

ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

FORCEFUL BLOCKAGE DISCHARGER

The Master Plunger has been designed to clear even the worst toilet blockages and save you the cost of a plumber to do the job. It is made of durable polyethylene moulded into the shape of bellows and is capable of 3000 cubic centimetres of force. It requires no effort and, because of its funnelled nose, it is splash proof. It is guaranteed for five years and is sold through hardware and building supply stores for the recommended price of $19.95.

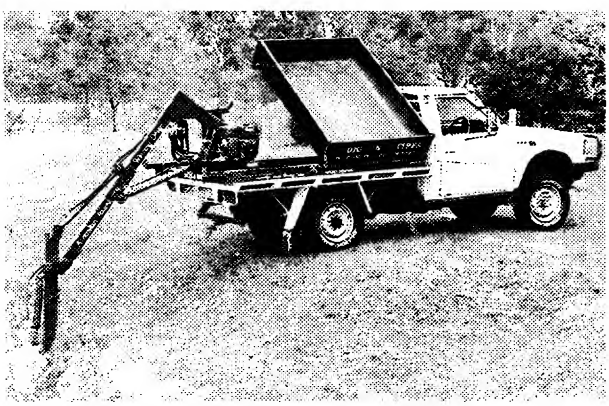
Contact: Handi Home Supplies, Ph: 03-9466-1611.

ZINCHINACEA

Natures Own has recently produced a cherry flavoured lozenge which combines some of the natural substances considered to be most effective in treating symptoms of colds and flu – echinacea, zinc, slippery elm, propolis and vitamin C. Echinacea and vitamin C are widely regarded as two of the most effective general treatments for colds and flu; zinc is believed to inhibit the reproduction in the mouth of the types of virus that cause most colds (zinc gluconate the form in these lozenges – is best absorbed through the oral mucosa) and slippery elm and propolis are included to soothe sore throats and kill bacteria.

Available in packs of forty lozenges for the recommended retail price of $10.95 from health food shops and pharmacies.

Contact:Andy Dinan, PR Works,
Ph: 03-9867-6877.



DIG'N'TIPPA

This is one of those creations with a million uses around your property. It has been designed and manufactured by a man who knows because he originally devised it for use on his own rural property. It digs, loads and carts away – materials and objects up to 320 kg. It's designed to fit onto a one tonne tray truck and it can be hoisted on or off the truck with its hydraulic power in three minutes. It has received a range of awards including a first prize at the Royal Melbourne show in 1996. A brochure with more information about the Dig'N'Tippa is available and orders can be placed with Bill Doherty. The Dig'N'Tippa is covered by a six month warranty and the cost is $8900 (excluding tax).

Contact: Bill Doherty,
PO Box 56 Broadford 3658.
Ph/fax: 03-5793-8383.

ZAPPY NAPPY

Zappy Nappy is a one-size-fits-all nappy system. Made of 100% cotton flannelette to ensure softness and absorbency, Zappy Nappy will fit newborn through to trainers, all in one size.

Zappy has designed a nappy for premature babies which has been trialled at the Brisbane Royal Women's Hospital. The premie nappy is easy to use, soft and comfortable for baby and comes in a wide range of colours and prints.

The Zappy overpant, made of a unique fabric, provides a water-proof barrier that allows air flow, to help prevent nappy rash conditions. This product is multi-sized and fits from approximately three months through to trainers.

Zappy is continuing to develop new products for the incontinent. The Zappy Nappy Pad System includes a 100% cotton flannette nappy cover with washable pads, with or without a waterproof, breathable barrier. This system could also incorporate other products already available for the incontinent. Sizes include child, teen and adult, all being multi-sized.

Other products from Zappy Nappy include doll nappies and bunny rugs.

Zappy is dedicated to finding alternatives to disposable products and will continue to develop products which will suit the needs of customers as well as the environment.

Contact: Maureen Taylor, Zappy Nappy
P.O. Box 260, Eumundi 4562
Ph/Fax: 07-5442-8033.

RADIANT HEAT BARRIER

Foil Batts are a form of aluminium insulation for ceilings, walls or floors. Due to reflectivity and emissivity, this type of insulation stops the entry of radiant summer heat, whereas fibreglass batts are only capable of slowing it down. Foil Batts are also lower in cost and easier and safer to install than the fibreglass alternatives. With summer approaching it's time to consider ways to keep the house cooler and ease the load of the air conditioner.

Contact: Tim Renouf, Wren Industries,
2A Bricker St, Cheltenham 3192.
Ph: 03-9532-5855. Fax: 03-9532-5854. Freecall: 1-800-066-002.

MAIL ORDER NATURAL HEALTH

Golden Glow Natural Health Products began business as a husband and wife team in 1976 and is now a well established business which supplies both Australia and New Zealand. It is primarily a mail order business which enables it to bypass normal retail overheads and so provide lower consumer costs. They offer a large range of vitamins and natural health products – many vitamin and mineral varieties, essential oils, food products, household cleaning products, skin and hair care products – but in addition there are some distinctive and appealing features of the Golden Glow business. These include: the availability of a naturopathic team over the phone to answer any queries you may have; a prompt response policy – if you place an order before 2pm it will be despatched that same day; low delivery cost ($1.80 Australia wide and no matter what you order) environmentally-friendly popcorn packaging (put it in your compost) instead of synthetic matter. Golden Glow issues catalogues providing information on each product and charts listing common ailments and relief suggestions. All Golden Glow products are covered by a money-back guarantee and orders can be placed by phone, fax, mail or internet.

Readers can obtain a free catalogue and discount voucher by phoning 1300 36 36 56.

BUYING A FARM

MONEY MATTERS

by Pat Coleby, Maldon, Vic.

Is the cash to buy and run your farm coming from savings, or one partner working full time, or value adding of some kind, ie building up a business out of the farm's products *on* the farm. This has been done very successfully. Farmers in this country are getting the idea of promoting farms as tourist or similar concerns. If the latter involves a desire to make your fortune, choose another profession.

By now you will be full of great ideas and will hopefully have been looking around for the kind of country you prefer. Keep in mind that red soil farms are the best in this country (and most others). If you should find yourself with two or three farms to choose between, have a soil analysis taken so you can work out approximately what remineralisation will cost you. A very average charge could be around $250 a hectare and it will be extremely well spent money in terms of better growth and animal health. This especially applies if the farm is very weedy – always a sign of an unbalanced compacted soil.

As mentioned in previous articles, if the farm does not have to support itself, none of this is of concern. But remember there are a lot of hidden costs (to the town dweller) when you go on a farm. You should also have had discussions with your bank if necessary and worked out various strategies. At present, interest levels are realistic. My first (and last!) mortgage was in the era where 10 percent suddenly shot up to the 20 percent plus mark. It was very hard and nearly hungry work keeping that one afloat. If a loan is necessary try to make sure that you have some kind of safeguard against that kind of thing happening.

There is an anomaly in the pricing of farmland, which is so much an acre or hectare; but, the price includes the house. An agent pointed this out to me when I said I objected to these enormous houses that people build on farms. He said that a $300,000 house on a 20 acre farm raised the price of the land to completely unrealistic levels. Good land, red soil in particular, is worth a good price, but if it is elevated by a huge house that is what you pay for, not the land. My preference is for a not too modern house, which you can do up as you have the time, money and ideas. That way you pay for what you get in the way of land, not for bricks and mortar.



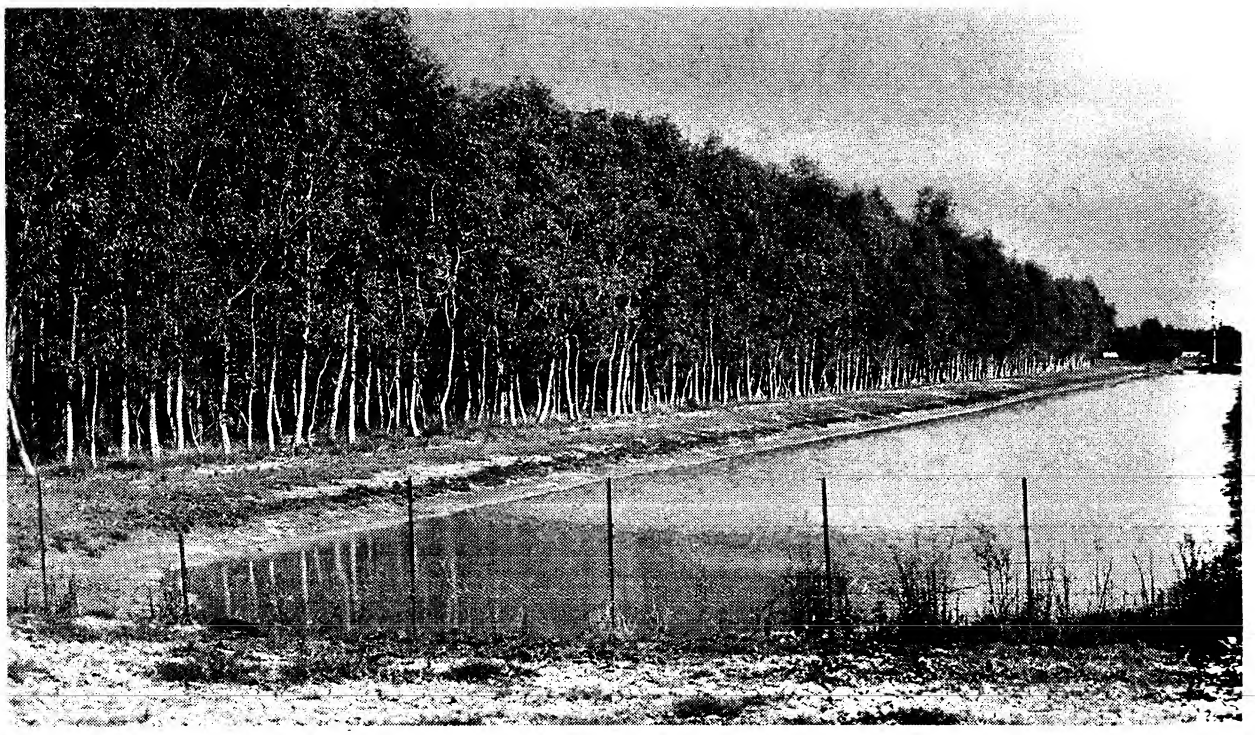
Look for a not too modern house that can be worked on; in this case the old shearers' quarters have been renovated.

On the other hand, established farm buildings are always a good investment. You can't have too many sheds or handling yards, whatever type of stock you are running. Old buildings can be used as a stop-gap. You can either bring them up to date, or build new ones as time and money permit. These can be a high expense item. In this day of inspections and permits it should not be possible to build an unsound shed, but unfortunately that is not really true. Make sure the shed(s) you erect are there to stay and give a lot of thought to their layout.

On any new farm, replacing old and dangerous fencing is generally the first major expense and priority, unless you pay top dollar for a fully fenced outfit, in which case the fences may not be what you need. If, for example, you are interested in Keyline farming and all the fences run in straight lines it is not much help. The boundary fence is the single most important item. After that you may work out what else you need and can afford.

It really pays to put up good fencing initially, it is a long-term investment. If your animals have been agisted elsewhere pending your purchase of a farm, get it right before you bring them on the place. Stock have long memories where poor fences are concerned. You may acquire neighbours with animals and inadequate fences, so you need to make quite sure that the right animals stay on the right side of their fences.

It cost me about $6000 to fence six acres properly with a fence strong enough to hold in large animals and goats. It consists of eight-strand cattle boundary ringlock wire fencing with two plain strands on top, at the bottom and halfway up. This has made a good lasting



Even on an irrigation farm, a storage dam is essential.

fence. I rabbit-proofed it afterwards myself. The main fence was contracted out, whereas usually I did my own fencing, so it cost more than if I had done it myself.

On the five different properties I have had, each one has needed to be refenced as well as to have astonishing amounts of rubbish cleared up. The latter appears to be the same wherever you go, unless you pay top dollar, and even then the mess can be mind boggling. A properly built and strained fence is an investment.

I would strongly advise against any kind of barbed wire, especially high tensile which cuts like a knife. The accidents it causes are horrendous. I have never known a barbed fence stop any beast that was determined to get to the other side, they merely injure themselves more. Twenty years ago the veterinary association tried very seriously to get barbed wire banned, both for economic and humanitarian reasons. Unfortunately it did not come off. Barbs spoil hides (leather) as well as causing the deaths of a significant number of animals because the injuries are often irreparable.

It may be necessary to sink dams or clean out existing ones. The latter is a periodical expense because dams do silt up. Even on farms that have irrigation storage dams should be in place. During droughts irrigation water is often cut back or discontinued because the supply has run out.

Some of the hilly rocky country in certain parts of Australia has natural springs and often dams are sunk to take advantage of this. The dam builder needs to be an expert, because a spring can be blocked so it cannot be utilised if subjected to inexpert treatment.

A small tractor (the old Fergy is still a marvellous standby), which must now, by law, have a roll bar on it, is probably essential. After 20 years of doing everything manually or with a model-A Ford and trailer, I found the acquisition of a Fergy rather like having a tame elephant round the place. In some country drainage may have to be undertaken or dams filled in, paths graded etc. The Fergy can do it all just as well as a large tractor, even if a bit slower. A slasher, grader blade, carryall, and soil aerator of some kind are the absolute basics in the way of tools.

I think serious consideration should be given to some kind of value adding as your final goal. The tourist dollar is very good because it brings some of the wealth back to the country. Many farmers in Europe (not the UK) have depended on tourism for almost 200 years in one way or another. Having schools come out on a regular basis is another very satisfying occupation.

Some farmers process their own products. One farmer I know in WA had bought up some old knitting equipment and modified it so that he could make a very good line of socks, jumpers and other knitwear from his own Merino wool. He housed it all in one of the existing sheds, employed a couple of extra people, making four in all (the children had grown up) to run an efficient small business that fitted in with the running of the farm. Many farmers now make their own sheep, cow or goats' milk into cheese on farm and find it both satisfying and viable economically.

The bottom line is to think this all through very carefully first. Setting out to buy the farm can have some bewildering ramifications and the reason for doing it is to improve your lifestyle not to make a never-ending chore out of it!

More on money matters next time.

HOW DOES YOUR GARDEN GROW?







The Mulch Book	**$17.95**
Gardeners Weed Book	**$24.95**
Family Garden	**$34.95**
Country Mailboxes	**$29.95**
Green Woodworking (Hands-On)	**$32.95**
Bird Boxes & Feeders For Garden	**$42.95**

Send your cheque, postal order,credit card details to PROJECT MAIL, PO BOX 392,EASTWOOD.NSW.2122
Phone: (02) 9868-6480 *Fax*: (02) 9868-6481
(Enquiries a.h. most welcome) All prices and charges are for Aust only. Overseas Customers please call. All books sent Express Post
Postage all books $7, 2 or more $10. gr05/98

BLACK IS BEAUTIFUL
Solar Compost Oven

by Anunga Muhummud, Carey Gully, SA.

We live on the outskirts of Adelaide on a small piece of land: no electricity, no plumbing, no cars, and no wish to have the filthy things. With the continued elimination of public transport and high prices on all other forms of mass transit, we are forced to spend more and more time here. So we make do with what is within easy reach and rediscover that old adage: black is beautiful.

The delicious blackberries are scattered everywhere and make great fresh fruit, jam and lemonade enhancement, and their cut-up, dried branches are good for fires. Rainwater containers hold the sacred water of the skies. Gum tree leaves turn the rainwater black with tannin, a good water preservative and antibacterial agent. Of course, there is nothing like black campfire coffee sprinkled with a dash of cinnamon and cardamom powder. And when the sun gets too hot we just crawl in the beautiful black shade for a coolie.

But what keeps me going every day is trying to turn a hard clay hillside into a growable garden. Some hippies in the past did some fine work in creating a series of terrace steps, but then the hippies wandered off somewhere else, leaving us to take the next step.

We want to improve this soil with compost and grow enough greens for a sustainable diet, thereby obtaining food without paying the rising high prices for mass transport into and around town. This is the inspiration for making the solar compost oven shelter. The one I make is rather squarish, and black and beautiful, like the finished compost itself. The SCO takes on very special significance for its part in holding the material that shall impart life-sustaining properties to the bacteria, plants, insects, reptiles, animals and people trying to survive via our garden.

Why call this compost shelter a solar oven? Because compost is best made at warm to hot temperatures and a solar oven is the cheapest and easiest way to do this in a temperate climate. In continually warm places the SCO will work even better.

CONSTRUCTION

Materials

4 pallets, 1 m square timber platforms, the ones forklifts raise up, carry around and set down on loading docks

4 lt of good old black engine sump oil

1 m square piece of old carpet

8 pieces of rope or wire ⅔ to 1 m long.

Set Up

Take a wood pallet and place on it some old grass or newspapers. Paint the pallet completely with sump oil. Put in a sunny place to dry. Do the next three pallets the same way. Let them dry.

Take two pallets and make a corner with them, the sides with the most boards face the inside of the corner.

Tie this corner together with two pieces of rope or wire

Make another corner with the other two pallets.

Bring the two corners together in a sunny location to form a square and tie them together.

Fill Up

Start building a bottom loosely packed layer in the SCO. Twigs, straw, chopped up branches or anything woody to a depth of ⅓ of a metre or so.

Make a layer of weeds, greens or vegetarian kitchen waste.

Sprinkle on a thin layer of chicken litter.

Spread a layer of wood ash from a campfire, if nearby.

Repeat the layers of greens, litter and ash until almost full.

The last layer can be sawdust or finely cut up materials like the ones in the first layer.

Evenly pour in a few buckets of clear clean water, enough to saturate all the compost.

Cover the top with the carpet piece.

Once created, the sun and earth, water and warmth take effect. The sun's rays are easily absorbed by the SCO's blackened wood and help heat the compost. The water softens the twiggy materials and gives the compost bacteria and insects a drink while they are hard at work, rearranging compost materials. The wood acts as a blanket around the compost at night.



Every few days give the SCO another bucket or two of water. Warm clean clear water works best so it pays to have some flat-black solar water containers sitting in the sun for this. Solar compost needs to stay moist!

To speed up the compost process, after about two weeks toss and turn the contents of the SCO into another empty SCO. This exposes the compost to fresh air and helps some kinds of bacteria to make compost quicker. The second SCO can be made by untying the original SCO at two opposite corners, separating the SCO into two halves and retying them together in a sunny place near the first SCO. Toss and turn the SCO compost about every week for quick results.

When the compost is ready you'll know it. The twiggy stuff will have disappeared or be smaller and the rest will be darker and sweet, easy to eat—by plants that is!

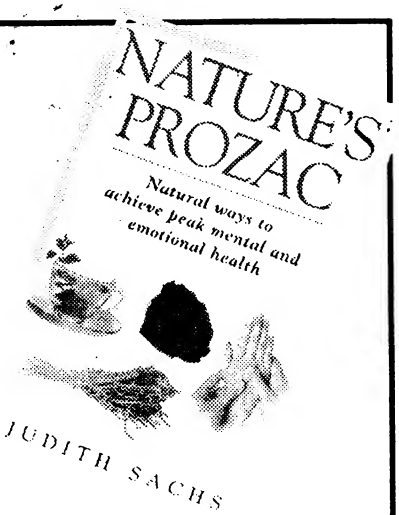
The SCO and other simple things in life prove black is beautiful, with a little help from the sun.

SOLAR ELECTRIC POWER
Discounts on all solar products
Repairs to equipment
Installations and upgrades
Buy and sell used equipment
10 years in business
03 9598 5775
5 McLauchling Ave,
Sandringham. 3191.

Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

★ FEATURE TITLE ★



NATURE'S PROZAC – Judith Sachs.

NATURAL WAYS TO ACHIEVE PEAK MENTAL AND EMOTIONAL HEALTH

This book is an A to Z of mental and emotional problems and therapies. It covers 45 alternative therapies such as acupressure, herbs, diet changes, aromatherapy, yoga and over 100 common mental and emotional problems such as agoraphobia, fatigue, fear, phobias, sleep disorders and loneliness.
It is a whopping collation of information about symptoms and therapies and it provides practical steps, ideas and suggestions. Some people prone to anxiety, depression or other mental/emotional dysfunctions trying to avoid solutions involving drugs probably can't get enough of this sort of information and will devour this resource. Others may not find it very helpful because information about particular problems or therapies in which they are interested may only be addressed quite briefly.
The author is a medical researcher.
P/b, 502pp, Simon & Schuster, RRP $29.95.
02-9654-1052

OPPORTUNITIES FROM HOME – Ian Birt

The apparent advantages of running a business from home appeal to many of us – independence, comfort, convenience, flexibility. This book describes the ways you can help an appealing idea become a successful reality. The author is an experienced small business consultant and in this guide he gives advice on all of the essential elements of running a business from home. There are chapters that address home business ideas, setting up, the electronic office, financial considerations, running a business and promoting it, planning and taxation. It includes case studies, discussion questions and self-development activities at the end of each chapter to aid the reader's awareness and preparation.
P/b, 102pp, Prentice Hall, Ph:02-9144-1900. RRP $19.95.

CARE & REPAIR OF PERIOD HOUSES – Albert Jackson & David Day

This book aims to put authentic restoration of period houses within the grasp of all owners of such homes. It does so firstly by providing information, accompanied by colour photos, about what is appropriate for the various styles of home built between 1750 and 1940 (it's an English publication). It then gives how-to information along with detailed illustrations so that repair and maintenance projects can be carried out by the reader. The book is divided into sections which focus on the various parts of houses – roofs, windows, lighting, paving, staircases, decorative wood and metal work etc – and includes a useful glossary of terms. Both an inspirational and practical book for readers interested in authentic preservation and recreation of their old homes.
H/b, 256pp, HarperCollins, Ph:02-9952-5000. RRP $55.00.

CLASSIC BORDERS – Julie Collins

This book is part of The Stencil Collection – ideas, information and a set of re-usable stencils centered on a particular theme. 'Classic' images and patterns are the focus of this one – Victorian, Fleur-de-lys etc. The stencils can be used to decorate your furniture or walls. They are made from laminated cardboard for durability. One of the other themes available in the series is Flowers & Leaves by Denise Westcott Taylor.
P/b, 32pp, Murdoch Books, Ph:02-9692-2349. RRP $12.95

NATURE'S WEATHER WATCH – Glenda John

The weather has always been a source of fascination and, despite modern technology, difficult to predict. This book is a guide to forecasting the weather by more traditional methods – observation of animal and plant life. It also presents information, rhymes and sayings about the weather. Given the importance of the weather to many people, accurate prediction is invaluable. Besides that, this book makes it seem fun and interesting.
P/b, 76pp, Gwenda John, MS 316, Cunningham Rd, Goomboorian 4570.

THE NEW RURAL INDUSTRIES – KW Hyde
A Handbook for Farmers and Investors.

Produced by the Rural Industries Research & Development Corporation (RIRDC) this comprehensive handbook provides current, up-to-date information about a wide range of nontraditional rural industries. Over eighty individual industries are covered. These industries are found within the following industry categories: animals, aquaculture, Asian vegetables, essential oils, fruits, herbs, nuts, wild flowers, legumes, spices and other crops. Such industries have emerged in response to changes in world and domestic consumption patterns and readers can use this resource to develop business in these new directions. Because many of these are infant industries, it is often difficult to access information about them. This book aims to rectify that by providing introductory information about each industry entry, successful factors for development and marketing research. The background and expertise of the author/s writing about each industry is provided as is a list of key contacts and references for follow-up.
P/b, 580pp, Rural Industries Research & Development Corporation, Ph:02-6272-5877. RRP $40.00.

DUCK KEEPING FOR BEGINNERS – Helen Putland

This small book will be helpful to prospective duck keepers as it covers the basics of hatching, rearing and managing this delightful species. It is informally written, the general information woven around personal anecdotes. Best suited to beginners, it will inspire as well as educate adults and children alike.
P/b, 46pp, Kangaroo Press. Ph:02-9415-9917. RRP $16.95



DOWN HOME ON THE FARM

by Megg Miller.

I've got muddy shoes today, a sign we've received much-needed rain. For weeks the locals have started every conversation with the question, 'What's happened to the rain?' August, usually a wet, wintry month has been largely hot and dry, only one inconsequential fall of rain breaking the spell of sunny days. With dams and storage areas critically low, rain – or its absence – has dominated discussions far and wide.

Yesterday the heavens opened and in a short space of time the yard was awash. I've never heard rain fall so loudly or noisily before, in fact for a few moments I wondered if the roof would withstand the force. Any rain is good rain when it's needed badly, but a cloudburst like yesterday's is less effective than a long, slow fall. For the district's grain crops to yield well we need follow-up rain, and with the Melbourne Show imminent we may just be lucky.

It has rained nigh on every year I've been showing, often falling on the days the livestock are being taken to the show, or when the largest attendances are expected. Because office work has taken up much of my time lately the poultry pre-show preparation will be carried out at the last minute. There will be feathers, leg tags, cleaning cloths and swear words going in all directions. If previous years are an indication, it's possible the cleaning and packing will be in the rain. I won't be game to complain. In fact, I'm inclined to leave the car window down to further tempt the heavens.

Driving around the district on errands is enjoyable as the quiet back roads are a pleasure to motor on. Bird life abounds and occasionally you have to stop to allow an echidna or monitor to amble across. The roadsides are often a bountiful source of 'finds' – rolls of used hayband, rocks of a size long searched for and, very occasionally, a broken bale or two of hay. No gardener could drive past these.

Motoring to Euroa recently, I noticed hay spread along the side of the road and mentally marked it for collection on the return trip. It was awaiting me an hour later and as I got out I looked up and down to ensure I had the road to myself. No more than a couple of armfuls had gone into the van when I observed a farm bike coming purposely toward me. I'd been sprung! 'Is this your hay I'm picking up? 'I embarrassedly enquired, half-hoping the earth would open and swallow me up. 'Go for your life,' I was told, 'but what would you want rubbish like that for?' What a question!

Grass Roots people are inveterate scroungers and hoarders and the presence of hay (or anything else) on the road begs acquisition, useful or not. 'The garden.' I stammered over the engine of the bike. 'I'm a keen gardener.' All the while mentally ticking off all the possible uses for this material: pig bedding, nesting litter for turkeys, chook's cages and more. 'Mmn,' the farmer pondered, 'it won't be much good on the garden, it's full of grass seeds.'

Together we loaded the van then paused to pass obligatory comments on the weather, crops and the state of the economy. 'Where are you?' I was asked after indicating local origins. I named my road. 'Over there, mmn. . .used to be those people from *Grass Roots* somewhere there!' With a very red face I owned up to being associated with *Grass Roots*. 'Well fancy that,' was my surprised farmer's comment, 'mind you drop in a magazine some time.'

The encounter has borne fructuous results. Len, my farmer, owned to occasionally having old bales from the bottom of hay stacks to get rid of, and would be only too happy to drop them off if I could use them. He also did some grass cutting in town – would the poultry scratch through the cuttings? What could I say but yes please. When I needed a couple of sheep to photograph recently, this same gentleman generously yarded a few and stood around and held them for me. Naturally such activities come with a price – I had to promise to attend the local agricultural show in a few weeks time.

I regularly go through periods of being disenchanted with rural living and in particular my current abode. Thoughts then turn to living closer to Melbourne, or even in the city itself. I figure in the latter there will be no pumps to maintain, no mice plagues and no ball valves in toilets playing up. Instead there are a multitude of attractions like libraries and galleries, cafes and daughter Suni. One possible solution is to move closer so these attractions are more accessible. But just as I get near to deciding nay or yea about relocation something will crop up to force me to re-evaluate the current situation. On second thoughts it doesn't always look so bad.

When looking afresh at what's around me I've realised the value of living in a traditional farming area. There are a few small holdings, but mostly the district is made up of farms that have been in the same family for successive generation. They're run by full-time farmers so there is always someone around. Sheep and cattle are frequently moved along the roads. These farmers have time to give you a wave or stop for a chat about the weather. If the car is bogged or broken down they will come to your aid. They notice everyone coming and going and spot strangers quickly. And it's surprising how much safer a district is when you have on hand people with keen observation.

Don't think we see eye to eye on everything. It's fair to say too, that it's taken many years to gain acceptance. I'm still a newcomer in many eyes – I've only lived in the area for twenty-four years. It takes longer to become a local. There have been a few heated discussions over the years, but now we mostly agree to disagree. Exchanges about politics, of course, must be avoided. These farmers are being forced to look at issues like conservation, chemical usage and sustainability because of economics. Trees are even being planted.

Unfortunately, I'm not enamoured with the district's climate or terrain. It's visually unappealing and summers are too hot and dry. I do know, however, If I were to move closer to Melbourne it would most likely be where old properties have been subdivided up into hobby farms. The latter would be

weekend retreats, deserted Monday to Friday for the city rat race. I'm not ready to make this momentous decision yet, but one thing I know already is the locals would be hard to replace.

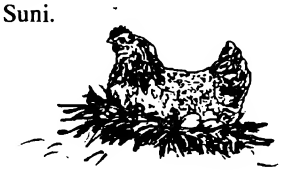
If there were doubts spring had arrived the appearance of chicks darting around would soon dispel these. The first hatch, a small one, turned up weeks ago ,then just a few days ago a proud hen introduced fourteen chicks to the farmyard. Being crossbreds they are doing famously! I thought I'd discovered all the well hidden nests and raided them, but this cheeky pullet was so well camouflaged I'd passed by many times without seeing her. I dare say she will be the first of many, despite every effort on my part to dissuade the crossbreds from hatching.

The incubator is up and running, newly varnished and looking good. But it's performing badly. Usually when the temperature is set at the start of the season it remains stable, but last week it shot up with disastrous results. Only a handful of chicks hatched from each of the two settings. Probably a big-footed turkey hen dislodged the high-low button whilst searching for a nesting site.

It's protected now from future interference, but this will not alter the accidental 'cooking' the poor eggs received. I take my embryos seriously so was terribly upset, and on a practical level the loss of early eggs, including many goose eggs, represents a real breeding setback. The largest and strongest chicks are those hatched in spring when there is lots of green feed to boost their growth. I did say last issue I was going to hatch sparingly, but this is not quite what I mean't. What with this hiccup, magazine deadlines and getting birds ready for the show, no further eggs have been set. There are cartons, buckets, bowls and even boxes with eggs in them. 'Soon,' I promise when I force my way into the kitchen. 'Soon I'll have time to sort you out.' There will be some spare evenings later in the week and, the freshest of my bounty set, I should take advantage of some of the broodies that are appearing as a result of the warm weather. They would be more than willing to assist, I'm sure, but keeping fresh and settings eggs apart is a nightmare.

It's clear there are not enough hours in the day. Everyone I meet or talk to on the phone says the same. 'I'm too busy!' Even city-based Suni is complaining about not having the time to get her studying in. 'You don't know what it's like, we're so busy at work there isn't even time for lunch. And I've got an essay due, the house is messy and I'm stressed.' I wouldn't dare add, 'At least you don't have grass to cut that's growing by the hour.' Oh dear, spring *is* a demanding time.

Regardless of how busy we all are, it would be a shame to let the seasonal highlights pass us by. I've often received gentle words from readers reminding me of the importance of allowing time to smell the flowers. A few stolen minutes in the garden, a quiet relax in the sun, a favourite tune, or time set aside for meditation; any one of these will soothe and revive the spirit. Everything seems achievable then. It's probably wise not to immediately ring and share this insight with Suni.



PENPALS

My name is Samantha. I am 9 years old. My interests are reading, netball and gymnastics. I am looking for penpals of my age.

Samantha,
C/- PO Box 117, SEYMOUR 3661.

Hi, I am a 13 year old girl called Bonnie. I am in year 8 at school. I enjoy listening to music, hanging out with my friends, going to movies, and of course writing letters. I will reply to all letters, so pick up a pen and drop me a line.

Bonnie,
C/- PO Box 117, SEYMOUR 3661.

Hi, my name is Tanya and I am 16 years old. I enjoy horses, nature, studying the bible and writing letters to people. If you are between 15 and 20 years of age I'd love ot hear from you.

Tanya,
C/- PO Box 117, SEYMOUR 3661.

My name is Sumedha, I am a 10 year old boy. I like collecting antiques, rocks and coins. I live on 12 acres and have two dogs. I play the clarinet. I will reply to every letter I receive.

Sumedha,
C/- PO Box 117, SEYMOUR 3661.

My name is Jhana. I am a 6 year old girl. I live on 12 acres I do gymnastics. I have a Persian cat called Cindy. I will reply to every letter I receive.

Jhana,
C/- PO Box 117, SEYMOUR 3661.

I am an Indian guy and would to hear from anyone. I would reply to all. My hobbies are music, movies, sports, travelling, drives, outdoors.

Edwin Raj,
13 Amoria St, MANSFIELD 4122.

Hi! My name is Alexandra Wilson and I'm 11½ years old. I am interested in getting some penpals, boy or girl, from age 10-13. My hobbies include swimming, writing, drawing, listening to music, playing with my dog Jazzy and cross-country running. I am home-schooled and I will write back to all letters.

Alexandra,
C/- PO Box 117, SEYMOUR 3661.

I am a 10 year old girl whose interests are the Spice Girls, dogs, cats, dolphins and school. I would prefer girls my own age.

Heather,
C/- PO Box 117, SEYMOUR 3661.

I am a 59 year old woman whose interests are reading, craftwork, C&W music and animals. I will reply to all letters.

Audrey McCurdy,
C/- 46 Diamond Head Dr, SANDY BEACH 2456.

Lady, 53 years, young, divorced, loves playing table tennis, square dancing and tennis, gardening, stir-fry cooking and walking. Would like unattached male friend of similar age and interest.

Sue,
C/- PO Box 117, SEYMOUR 3661.

I am quiet, 52 years old and married with three adult children. My interests include reading, music, gardening, pets and computers. I would really like to hear from any readers who might like to write.

Jill,
C/- PO Box 117, SEYMOUR 3661.

I'm a 20 year old female, looking for penpals. I enjoy going out and meeting people, long drives, the beach, netball and I love kids. Males and females, any age, please write to me.

Fee Becquet,
C/-18 Kinkuna St, BUSBY 2168.

I am 40 years old and love going to the beach, which is not very often as I live in the country. I am learning to love the garden. I have chooks and budgies. I would love penpals of any age and gender. I also love going for drives and having a nice meal.

Carolyn Fitton,
55 Lowe St, HOWLONG 2643.

My name if Rose-Lyn and I am 36 years old. I have a deep love of nature and am interested in sustainable living and New Age philosophy. I enjoy being outdoors, walking, gardening, camping, horse riding etc. I am a keen letter writer and would like to hear from anyone within my age group.

Rose-Lyn Fletcher,
5/43 Devoy St, ASHGROVE 4060.

GRASSIFIEDS

HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 80 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send with payment to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 130 is 30th October, 1998.** Please do not fax ads.

Sender's Name For issues no/s

Address Classification

..... Postcode Cost

Cost for advertisements is 80c per word

PROPERTY FOR SALE

NEW SOUTH WALES

CLOSEST TOWN WINGHAM, orchard, hobby farm, 5.2 ha (13 ac) full river frontage, fully irrigated, water licence, school bus, mail, power, ph, sealed rd, 2 b/r, sunroom, 2 water tanks, 8 bay shed, tractor and implements, 2 ride-on mowers, water pumps, animals & more. $143,000 house/land $163,000 WIWO ONO. Ph: 02-6552-5500.

MUNDOORA neat 2 b/r pre-fab home. Air-conditioned lounge, TV tower, good sized block. Only 10 mins to Port Broughton. Price neg $25,000. Ph: 02-4353-3833.

SHARE AND SITE, nth NSW community. Shed, solar panels, telephone, water tanks, dam, organic certified, fenced. $20,000 ONO. Ph: 08-9752-1679.

SMALL NEW ENGLAND VILLAGE, ½ ac, town water, sewerage, power. Close to school. $5500. Ph: 07-5545-3431.

UNPOLLUTED SECLUSION, 108 ac (42 ha) of undisturbed tranquillity, 2 sides bounded by state forest. Permanent water (Herons Crk) + 2 dams & 2 dwellings, 30 ac cleared & fenced, 20 mins to North Haven Beach, 40 mins to Port Macquarie. Ph: 02-6585-7196.

MID NORTH COAST, 15 km from Dorrigo. Beautiful property, ⅛ share on MO, stone/timber 3 b/r house, stained glass, organic garden, chook pen, 240V/solar power. Double storey workshop, guest accom. $68,000. Ph: 02-6652-1427 or 02-6653-7834.

RIVERLAND, TOOLEYBUC, large block, 5 Leon Court. Suitable for retirement or investor, good soil, cheap water, power/sewerage. Only $10,900 ONO. Contact, Elders Real Estate, Swan Hill Ph:03-5032-9288 or Trevor 08-8382-4875 cheaper.

GIN GIN, 25 ac, power/ph avail, adj houses, $40,000 ONO. Ph: 02-4973-4967.

CHARACTER RAIL CARRIAGE, on 100 elevated ac in scenic bushland valley between Cowra and Young. Comfy with solar power and hot water boosted by s/c/stove. Gas appliances, 22,000 lt tanks plus dam. Levelled sites for house and workshop $79,000. Ph: 03-6383-7337 for info & kit on this special place.

MID NORTH COAST, 177 ac, handy hidden valley, town 10 mins. Clean crk, swimming. Organic fertile flats & mountain. DA, elec, ph. Near Port Macquarie. $118,000. Ph: 02-6686-8880.

NORTHERN RIVERS, 2.5 ac, bird-loving, tree-studded block, 10 km west Casino, glorious flood-free, 360° rural views, good road, 240V power on block, building permit, ½ hr nat pks, waterfalls, ¾ hr beaches. $42,000 ONO. 2 b/r western red cedar kit home. $9000 ONO. Ph: 02-6662-5593.

STONE CHURCH, 2 ac, town water, organic gardens, 20 X 40 Colorbond workshop, Bendick Murrell village, 2 hrs Canberra/Wagga/Orange. Seasonal work avail. Ph: 02-6382-2662.

LOWER HUNTER, 30 ac secluded bush block, vicinity vineyards, 2 b/r house, 3 dams, shed, $193,000. Ph: 02-4938-2036.

UARBRY VILLAGE, 11 m X 6 m steel shed, 3 b/r pine/fibro house, septic, on 1 ac fenced, 5000 gal r/water, concrete tank, elec fitted bore, 2000 gal steel tank. Power, ph, mail, school bus. Coolah Shire. $58,000. Ph: Jean, 019-990-647 after 7pm.

TARALGA, 3.923 ha vacant land. Investment opport with development potential, located in the picturesque village of Taralga with a population of approx 350. Town water. Approximately 2 ½ - 3 hrs from Sydney. $130,000. Cabot Laing & Co Pty Ltd, 137 Auburn St, Goulburn. Ph: 02-4821-6000.

BOOKHAM, 2 b/r cottage, 1 ½ ac, 2 garages, lge chookyard, dam, 1 hr Canberra. Small, friendly village close to Snowy Mountains, rivers. Ph: 02-6226-1746.

WE HAVE OWNED this 120 ac piece of paradise 40 km from Eden for over 30 years, now we must live close to a hospital, so will sell it. Mid-way between Sydney & Melbourne, handy to Canberra & snowfields, nat pks, lakes, beaches nearby. All you need for self-suff. Water, super soil, forest, sun, sand, gravel. Telephone avail. Wildlife galore. West boundary is approx a km of crk. Bargain @ $79,000. Ph: 02-4784-1020.

MANNING VALLEY HINTERLAND, 200 secluded acs Panoramic views. Your choice of home site. Crk flats to undulating, seasonal crks, handy to Wingham. This block has everything! Valued at $125,000. Don't be afraid to make an offer. Ph: 02-6655-4182.

CROOKWELL IN SOUTHERN TABLELANDS, 84 ac red basalt grazing block. DSE 7.5. Good fencing. Plenty of water. Two b/r house with 2 ½ bay shed. Twenty mins south of Crookwell, 30 mins NW of Goulburn. Public and private schools & hospitals at both cities. School bus at gate. $189,000. Ph: 02-4257-9292.

PROPERTY WITH INCOME, comfortable 3 b/r home on 8 ac f/hold + 4 ac crown lease. Breeding kennels council approved, 25 sml breeding dogs. Plenty of water. Water blaster and other equip. Ill health reason for sale. Sydney 4 hr. Ph: 02-6546-6372.

TOWAMBA RIVER, 25 mins inland from Eden, 40 ac river flat & timbered. Views of river & Mt Imlay. $36,000. Ph: 02-9665-0905 AH.

QUALITY THREE BEDROOM HOME, timber, all mod cons. Mature trees/gardens, 2 ac, Nymboida riverside, sealed frontage. Grafton 30 mins. $79,000. Ph: 07-4632-1376 AH.

FAR SOUTH COAST, Towamba valley, large mud brick house on 8 ac. Council approved with power & ph. Large vegie garden, orchard & new fencing. School and shop 300 m. Nothing more to spend $95,000. Ph: 02-6496-7064.

GRASSIFIEDS

PROPERTY FOR SALE

NEW SOUTH WALES

NORTHERN NSW, 127 ac, 1½ hr west of Byron Bay. Superbly treed block with all-weather gravel road frontage. $35,000. Ph: 02-6736-1136, 02-6737-3610 AH.

TEN ACRES BUSHLAND, orchard, gardens, 17 km south of Penrith. Lovingly built, organically gardened over 27 years. Two houses: original dwelling with extensions, alongside 2 storey A-frame. Separate workshop. Old citrus orchard, productive vegie garden. Small dam, tree-lined boundaries. Easterly aspect. $330,000. Ph: 02-4774-2625.

MID NORTH COAST, Nambucca shire, Heritage style cottage, 1 ha NE aspect hillside, spectacular valley views. Exposed beams, stained glass, french doors, cork tiles & hardwood floors. Combustion heater, gas cooking, elec, solar hot water, power back-up, water access, pump. Beaches 30 mins. Rented for $130 pw. $115,000. Ph: 02-4787-1207.

BLUE KNOB, Nimbin 5 mins, 77 ac, f/hold title, 2 council approved houses, both 7 yrs old, tradesman built, separate & private. Best views in valley from both houses. Two horse paddocks with perm water. Land suit grazing, orchards, nuts, coffee. Permanent spring-fed crk, 5 ac pine plantation. Cattle yards, much more! Suit 2 couples or live in 1 house, rent other. Partnership dissolving, must sell. $230,000. Ph: 02-6689-1594.

DALGETY/SNOWY MOUNTAINS, neat & comfortable 3 b/r house on ½ ac block (can be subdivided). Views to mountains, 2 mins walk to Snowy River & sml primary school. Ample seasonal work avail. Jindabyne 25 mins, ski resorts 1 hr, 1½ hr to coast, $80,000 ONO. Ph: Rob, 0412-484-224.

UPPER MURRAY RETREAT, 1200 ac of native bushland located 20 km from Jingellic & 100 km from Albury, NSW. School bus, natural springs, wildlife, bush tucker opport. $250 per ac. Ph: Julia, 02-6021-2830.

TAREE, FORTY ACRES, black alluvial soil, 11 goat-proof fenced paddocks, 4 dams, good sheds, 4 b/r steel frame house, fuel stove, air conditioner, dish washer, 11,000 gal tanks, sealed road, schol buses. $150,000. Ph:02-6550-6411, 02-6550-6411.

CENTRAL WEST VILLAGE, 30 mins Parkes, 3 b/r cottage, dbl block, dbl garage w/shop, sheds, gardens, a/c, fans, wood heater, Everhot stove, town water, septic, 2 toilets, fences, primary school Bogan Gate. $70,000 ONO. Ph: 02-6864-1122.

QUEENSLAND

ATHERTON TABLELANDS, 13 ac mostly trees, gentle slope, 3 b/r house, s/c/stove/solar hot water. 20,000 gal tanks, double garage/shed. Secluded, 15 mins from Atherton, 5 mins from Tinaroo Dam. Studio among trees $178,000. Ph: 07-4095-8150.

SEVENTY PRISTINE ACRES, Border Ranges, SE Qld, 10 mins town, 2½ hrs Brisbane. Weekender with serviced access & ph. Spectacular views, surrounding nat pk & wineries. Ginseng growing conditions. Ten mins Stanthorpe. Live, work, relax. $58,000. Ph: 07-3408-7700, 015-580-544.

DEADLINES: GR 130 – OCTOBER 30TH
GR131 – DECEMBER 20TH

TWENTY-TWO ACRES, located ½ way b/w Mackay and Whitsundays, perm, r/forest-source crk, 2 pressure pumps, r/water tanks, high steel-frame house, sheds, estab f/trees, bus stop at gate. $130,000. Ph: 07-4786-1107.

YELTUKA ESTATE, 25 km Maryborough. 8 undulating ac rural estate, flood free, partly fenced. 12 x 9 m Colorbond dwelling with 3 x 12 m verandah. In-slab plumbing with all plumbing fixtures & 5000 gal tank ready for connection. Full modular kitchen, ph, power, $69,000 ONO. Call Cathy, 07-4930-8688 BH, or 07-4933-3181 AH.

DALBY 250 ACRES, shed, fenced, dam. Will swap to value $40,000. Ph: 02-6667-1122.

RIVERFRONT, HOWARD, 40 mins Hervey Bay, 2¼ ac fenced, 105 sqm 3 b/r Hardiplank home + lge verandah on 1.8 m stumps, 3 x 5000 gal tanks, 6 x 9 m workshop with toilet, shower, c/ports, garden shed, enclosed vegie garden, 2 dams with fish, estab fruit trees/gardens, floating pontoon, school bus, bitumen road, 10 mins local shops. Ill health forces urgent sale, $130,000 ONO. Ph: 07-4129-4022, or 07-4129-4155.

NOOSA HINTERLAND, secluded 52 ac, ridge-top position with views over Mary Valley, Kenilworth Bluff down to Conondale Ranges. Two room cabin with kitchen, solar power & gas hot water. Fully timbered with native hardwoods, dam & tank water. Noosa beaches 40 mins. $105,000. Ph: 07-3288-5525.

PEACEFUL WILDLIFE ACRES, wanted with basic amenities. Maryborough-Gladstone coastal hinterland. $20,000 + any vendor finance. Ph: 018-963-491, 6-8pm.

MARYBOROUGH AREA, ¼ ac, 35 mins Hervey Bay/Fraser Island, sealed rd, power, ph, trees. $13,000 ONO. Ph: 07-4126-2585.

TWO RESIDENTIAL BLOCKS, in Central Queensland, 1 hr to coast, vendor terms $500 deposit $100 pw or trade car. Ph: owner 0412-211-826.

ON THE MARY RIVER, 295 ac, ½ hr sth of Maryborough. All-weather rd. Great river views. Plenty of trees - spotted gum. 9 x 4 m shed with 10,000 gal r/w/tank. Fully fenced with 3 dams. $170,000 ONO. Ph: 07-4775-2365, or write to: G Sim, 42 Marks St, Townsville, 4812.

NOOSA HINTERLAND, nth facing, 3 b/r colonial brick home on very private 14 ac, wide views, 4 bay shed estab, irrigated gardens, perm dam, new fences, 3 mins to Pomona schools, shops, 25 to Noosa beach, lakes, river, $325,000. Ph: owner, 07-5485-1085.

OLD FARMHOUSE, cheap, badly in need restoration, nearly 5 ac, good soil, sheltering trees, flood free, Dalby district, power, phone. Ph: 07-4663-8120.

RUSSELL ISLAND, artist retreat, 2 b/r home with studio, can be used as 3rd b/r. Cathedral ceilings, stained wood floor, open-plan living. Carport, self-suff garden with bush views. Must sell. $57,000. Ph: 07-3409-1484.

ATHERTON TABLELANDS, 1½ hr Cairns. Private, new, roomy one b/r highset steel & timber home on 1.047 ha, r/forest backdrop, expansive view. Drive-in c/port, ramp to front door. Underhouse w/shop, well landscaped, gravity-feed water, private all-weather rd. $160,000. Ph: 07-4096-5058. POB 438, Malanda 4885.

BLACKHEATH, RAMMED EARTH COTTAGE, Blue Mountains, virtually solid sandstone, very spacious, private, easy block, fenced, full of trees, rhododendrons, lawns. Country, colonial station design, huge (7m x 7m) lounge/ dining/kitchen, 3 b/r, master en suite, bathroom, sep 2 way toilet, laundry. Large hall, stained glass sky/side panels. Craft built with care. Timber ceilings t/out. Superbly insulated, s/c/stove. Very warm winter, cool summer. Large verandahs, double garage/workshop. Beautiful condition t/out. Best rammed cottage in Australia, family home or up-market weekender. $183,000 ONO for early settement. Ph: 02-4787-7432, or 0418-487-727.

GYMPIE/NOOSA AREA, SE Qld, century old 3 b/r, colonial Queenslander, original french doors, pressed metal ceilings, large verandahs. Four - car powered garage. Four sloping well treed ac in hills of Mary Valley. Heritage railway, famous music muster. General store, PO, state school 1 km. School bus to Gympie 25 mins, Eumundi markets 35 mins, Noosa 45 mins, Brisbane 110 mins. Easy access Fraser Island & whale watching. Small irrigated protea plantation (pocket money). Room to expand. Patch r/forest. Four tanks, bore water. Reasonable rates. Sealed roads. Inclusions: Yamaha quad, trailer, Cox ride-on, brushcutter, chainsaw +. $190,000. Ph/fax 07-5484-3131.1.

BUSH BLOCK NEAR INVERELL, 62 ac. 3 b/r, Hardiplank. Fuel stove, stainless steel kitchen. Fireplace in lounge, Cathedral ceiling. Covered verandah, fernery, many sheds, dam, bore, power, ph, 7000 gal water tanks, school bus. $110,000. Ph: 07-3279-5643, or 0418-113-837.

DAINTREE, 100 km nth Cairns, 5 ac, 1 ac cleared 4 ac r/forest. Power, bore, perm crk, exotic f/trees. $69,000. Ph: 07-4055-7729.

GIN GIN TWENTY MINUTES, Bundaberg & coast 1 hr, 2 b/r cabin with wide verandahs, a gardener's paradise. Includes 25 irrigated picturesque ac, fish ponds, rose gardens, thousands of ornamentals in park-like setting & a sml golf course. Suit self-suff, 95 mangos, 60 mixed stone fruit, over 50 assorted citrus & 100 other tropical fruit & nut trees. With income potential - vegie garden & chook pens. Fenced into 3 paddocks, 4 fish stocked dams. Yards, stable & sheds, Power & ph connected, school bus & mail to door. $134,900. Ph: 07-4157-6529.

ONE HOUR TO BUNDABERG, 20 mins to Gin Gin, 25 ac with 3 b/r house & 1 b/r self-cont flat + a 3 bay shed. Three 5000 gal water tanks, lge dam, gardens & fruit trees under irrigation. Chook pens & fenced paddocks. School bus, ph & elec connected 2 km of dirt road, quiet & peaceful. $165,000 ONO. Ph: 07-4157-2909.

TWO BEDROOM HOME, Besser block, tiled floors, lounge, eat in kitchen, full bathroom, laundry, flush loo. Set on 17 ac (6.812 ha), approx 10 ac in sown pastures. Lge dam, underground mains, lge garden, fish pond, f/trees, solar power, 6 KVA back-up gen. Sale WIWO, all furniture, farm equip etc. Local township 15 mins. All facilities. Price $85,000 ONO. Ph: 07-4695-4185 after 5pm Mon-Fri, anytime w/end.

GRASSIFIEDS

PROPERTY FOR SALE

QUEENSLAND

RIVER HOME, 20 square, 2½ ac f/hold, 7½ ac lease, 12 km Texas. $55,000. Ph:07-4653-6162.

MALENY, set among the rolling green hills, 2 yr old genuine federation colonial on 1 ac f/hold & sharing 5 ac common. Four dbl b/rs, eat-in kitchen with gas/wood stoves, lge lounge with wood heater, separate dining room. Claw foot bath, 80 yr old solid silver ash kitchen, 80 yr old 6" hardwood flooring t/out, silky oak & cedar window t/out. 3.0 metre ceilings, VJ walls t/out, attic. Fully fenced with vegie garden, f/trees, chook house, lge mature r/forest trees, backs onto perm running crk. Underground power, bio-cycle, sealed road, school bus/mail to door. $246,000. PO Box 228, Maleny 4552. Ph:07-5494-4044.

VICTORIA

RAINBOW, SOLID CEMENT-BRICK cottage on ¼ ac block in the town, 3 b/r, lounge, kitchen, bathroom, laundry, lge shed, under cover dbl parking, f/trees, front & back verandahs, town water, sewered, tanked drinking water, air conditioning, o/f/place & gas heating, schools, hospital in town. $38,000. Ph: 03-5395-1035.

MUD BRICK COTTAGE, double-storey, 4 ac, 2 b/r, alternative power, orchard, dam. Landsborough. $42,000. Ph: 03-5472-5014.

ROSEBUD, 3.8 ac, 4 km to town centre, cleared land with sea views. Plentiful free water for garden. Planning permit for 16 lot subdivision would provide great lifestyle and/or investment opport. $249,000. Ph: 03-5986-1656.

DESPERATE SALE: Couple separated 1680 km by transfer. Hard work done, you choose what happens next. Potential b&b, hobby farm, family retreat. We've raised obscenely healthy Herefords and contented poultry, planted many trees. Selling way below replacement cost, this glorious lifestyle yours with reasonable offer. Modern passive solar design, 3-4 b/r, en suite, family room, screened courtyard, 5 ac. Behind state forest and Murray River. In front, delightful crk. Irrigation licence. Cohuna 6 km, (pop 2200). $185,000 ONO. Ph: owners, 03-5456-3342, 02-6676-4316.

SNOWY HEADWATERS, long frontage to Bonang River. Four year old, 3 b/r home with huge loft, 3 bay machinery shed, tool shed, set on 40 ac of pasture & natural bush, wood heater, s/c/stove & gas stove. Primary & secondary school bus route, surrounded by state forest & nat pk. $96,000. Ph: 02-6458-0217.

ORGANIC ACRES (3) w/w'ender, mudbrick/ cypress pine. Rural town 45 mins, Wagga, NSW. Ideal soil for almonds. $40,000. Ph: 03- 5332-8009.

SOUTH GIPPSLAND, BUFFALO. Energy efficient 2 b/r western red cedar home on 2.3 ac adj bush reserve (9 ac lease held). Fully insulated, pine lined, nth facing windows, slate floors (excluding b/rs), solar/electric HW, wood heater, double garage/shed, 2 water tanks (12,000 gal), stockyard & electric fences. Secluded but within walking distance of general store/PO & primary school, 1 hr Wilsons Prom, Yarram, ½ hr Leongatha, Waratah Bay, 2½ hrs Melbourne. Well maintained, partially furnished. Price: $93,000 ONO. Ph: 03-9328-1498.

PLACING AN AD?
See page 81 for details

VICTORIAN W/BOARD HOME NOOJEE, 3 b/r, big block, estab garden, s/c/stove in kitchen, wood heater in lounge, $75,000. 40 km to Mt Baw Baw. Ph: 03-5628-9568.

ALEXANDRA, HOBBY FARM, 71 ac, 2 b/r house, fantastic views, escape the rat race, find peace & tranquillity. Discover the magic of our mountains, valleys, lakes & rivers. A bargain. Price: $102,000. Ph: 03-5772-2564.

DANDENONGS, 40 km from city of Melbourne. Organic farm of 10 ac, brick house & sheds. In quiet, beautiful rural setting, yet walking distance to Monbulk, a town with all facilities and excel schools. This fertile, chemical-free, soil, with abundant water (pumped from crk to dam and via sprinkler system, avail to entire farm) will grow anything. Half the property grows kiwi fruit, with potential gross income of $45,000 per year. Unfortunately ill health has destroyed our dream. $235,000. Ph: John & Janet, 03-9752-0030.

WESTERWAY, 1.5 ha level block, town water, elec & Telstra avail. Russell River falls 10 mins, New Norfolk 30 mins, Photos avail. $14,500 ONO. Ph: 03-9744-4162.

EAST GIPPSLAND, near Swifts Creek. 475 ac, mainly bush, crk frontage, state forest border, 3 b/r earth house. North facing, good growing climate. Secluded, good access, near to schools, shops. $60,000 ONO. Ph: 03-9489-0048, or 019-183-677.

MELBOURNE, 1½ hr, undulating 27 ac native bush block off the Maroondah Hwy, close to Cathedral Ranges. Fern gullies, views, beauty & seclusion, ideal 'Land for Wildlife'. Driveway to house site & dam, power avail. Inspection will confirm this quality property. $79,500 ONO. Call owner, 03-5976-1090 anytime.

CENTRAL VICTORIA, 121 ha (300 ac). Granite woodland, undulating grassland. Great views. Bulokes, gums, wattles, wedge-tailed eagles, echidnas, wallabies. Flora. 2 dams. Fenced. End quiet government road. Track to former caravan site/sml water tank. Trust for Nature Covenant - no grazing. $65,000. Ph: 03-5439-7284, 03-5368-1295.

LICOLA NORTH, 101 ac (40.1ha), Beautiful views great dividing ranges, 3 km private rd, seclusion surrounded by nat pk & state forest, ideal for bushwalking, horse riding, fishing etc. MacAlister River Frontage. 49% cleared, 51% timbered. POA. Ph: 03-5148-8727, or 03-5148-8770.

CHARMING COUNTRY COTTAGE, at McMahon's Creek, Warburton 10 mins. 2½ private, landscaped ac, dam, lge shed. Post & beam construction with mud brick infill combining colonial atmosphere with modern amenities. Huge living area, 20' cathedral ceiling, 100 yr old brick floor throughout. Double bedroom. Huge loft. Family bathroom. Laundry. Outdoor living area. Open fire, s/c/stove, gas hot water. Close to historic Reefton pub. Work from home, commute, holiday with bushwalks, riding, fishing, canoeing at the door. Easy access to skiing and boating. On school bus route, primary and secondary. Building permit & plans to extend to lge family home. Extension site already levelled. Vacant possession. Sale due to work commitment. Price $92,000. Ph: 03-5156-4652.

PICTURESQUE BATESFORD VALLEY, 10 mins Geelong. 2½ ac fertile soil, neat 3 b/r w/board home (2 with BIR), study/4th b/r, sunroom. Completely repainted inside & out, new floor coverings, OFP, mostly new roof. Separate 3 roomed bungalow, wood stove & wood heater. Town water + new r/water tank. Three sml paddocks, 2 with sml shed, 1 with lge shed (3 divisions), 4 sml pens, each has good shed, suit intensive small animal farming. Fodder plantation + many natives. Large herb garden, 25 mature fruit trees, berries, vines. 1 lge shed (3 car) with mechanic's pit, smaller workshop shed with 3 double PP's, fluoro lights, external laundry. 20th year organic. School bus passes. $185,000. Ph: 03-5276-1334.

SWIFTS CREEK, EAST GIPPSLAND, 22 ac, river flats, cottage, studio, generator, solar, gas, wood heating. Vegies, orchard, chooks. Potential horses, grazing or grape vines. Your dream come true. $80,000. Ph: 03-5159-4331.

TASMANIA

TASMANIA, UPPER ESK, house on 3.5 ac. $39,000. Ph: owners, 03-6377-1157.

FIFTY ACRE, bush block, bush cabin perm/crk, dams, adj state forest reserve, excel potential, permaculture etc. Ph: 08-8685-2265.

UPPER ESK, nature lover's hideaway, 427 ac in peaceful valley 60 mins from Launceston, bisected by South Esk River. Quaint 3 b/r timber cottage with front & back verandahs, s/c/stove, pumped water & sml orchard. Excellent river flats rising to grazing country, half pasture, balance bush & regrowth, good boundary & internal fences, some elec. Running 40 breeding cows, 40 yearlings, sheep & horses. High r/fall area. Adjacent state forests, abundant birdlife & wildlife with excel bushwalking, hiking, horse trails & trout fishing. Photos avail. $220,000. Ph: 03-6331-4840, mobile 0419-871-429.

TASMAN PENINSULA, sheltered, sunny, well-timbered 60 ac block. Can be subdivided. Near services, beaches, beautiful scenery. City 60 mins, towns 30 mins. $114,000 ONO. Ph: owner, 03-6243-7763.

CONNAVALE, 58 ac of r/forest on the Russell River at Connavale, 80 km from Hobart. Two titles, 700 m river frontage. Eight kw hydro electric generator (as featured in issue 24 of GR.) Four-hundred-metre long water channel. Will irrigate river flats. $70,000. Ph: 03-9859-1313.

COLES BAY, EAST COAST, TASMANIA, 84.98 ha (210 ac) mostly cleared incl a near-new 2 b/r brick cottage + similar gargage. Features incl gas stove & fridge, woodheater, dry composting waste disposal with power by way of wind turbine & generator & wired for 12V and 240V use. Elevated position with sweeping views over Moulting Lagoon Wildlife Reserve & surrounds. Offers considered $120,000. Contact: Chris Skeggs, Robert Skeggs R/Estate, 26 Franklin St, SWANSEA, Tas. 7190. Ph: 03-6257-8421 or 0417-0338-16.

Don't forget the deadline if wishing to advertise in Grass Roots

GRASSIFIEDS

PROPERTY FOR SALE

COMMUNITIES/SHARES

NAMBUCCA HEADS ½ hour, affordable land, 1200 ac. Backs onto state forest, 1/12 share in mostly native forest, 20 ac crk flats, 2 ac relatively level house site, cabin, ph, 4000 gal r/w/tanks, dam, f/trees, all year crk, swimming holes. Was $45,000 now $33,000 ONO, must sell quickly. Ph: Monica & George, 02-9973-1580.

NIMBIN SHARE, stunning views across Tweed Valley, 440 m above sea level (not steep!). Borders nat pk, dams, crk, r/forest, totally private, good all-weather rd. Nothing beats this! $56,000. Ph: 07-5495-5769.

FAR NORTH COAST, 35 km, NW Lismore. Beautiful solid spacious home, wide verandahs, elevated position, extensive views, 4 ac, u/house garage & workshop. Organic gardens, f/trees, complete privacy, power, ph. Cabin, u/cover c/van, secure strata development, school buses. $159,000. Ph: 02-6633-7033.

NIMBIN (3 km), well built character house. Solar/microgrid power. Stunning views, private setting, nthly aspect, f/trees, community facilities $87,000. Ph: 02-6689-1748.

ARCHITECT-DESIGNED HOME + guest cabin, 1/2 share 300 ac. Gardens, views, leadlights, solar, spring water, school bus. Lismore 35 mins. $95,000 Ph: 02-6689-1074.

TOOWOOMBA, sth Qld, organic share-farm lease, 1 b/r cottage provided, also free organic meat & some veg. Need $45,000 for deposit to buy. You contribute deposit, we make bank payments, work shared. Write to: J Wright, PO Box 1984, TOOWOOMBA 4350.

BUSINESSES FOR SALE

BUSY COFFEE SHOP/CAFE in prime location of historic NSW Tablelands township of Mudgee, the valley of Wine and Honey, only 3 hr drive from Sydney. Opening 5 days per week, this business has easily supported our country lifestyle. Ideal for outgoing couple who enjoy homestyle cooking & yearn to leave the city rat race. Small, affordable acreages abound. Recently renovated. Excellent lease. Expanding tourism potential. $39,500 ono wiwo. (Trading figures avail.) Genuine enquiries only please, no agents. Ph/Fax: 02-6373-3963 AH.NATIVE **PLANT NURSERY**. Outstanding lifestyle opport in Sth Gippsland. Work from home in beautiful rural setting with excel income. Well established & highly regarded nursery, specialising in the production of native farm trees. One hr & 20 mins from Melbourne CBD. Includes 6.5 ac & 3 b/r home. Full training in all aspects of the business incl . $240,000 + SAV. Ph: 03-5655-2765.

ESTABLISHED RAMMED EARTH, lifestyle & employment, family business, est 13 years, DENMARK, WA. Ph: 08-9840-9390, 0418-936-550.

DEADLINES: GR 130 – OCTOBER 30TH
GR 131 - DECEMBER 20TH

LICENSED FREEHOLD GENERAL STORE & LPO - Walpeup. Large allotment with brick shop & storerooms. Selling general grocery, packaged liquor, hardware, gifts, souvenirs, stationery, work clothes, boots, newsagency. Licensed Post Office, LP gas, V/line ticket agency. Comprehensive working plant & equipment. $68,500 + SAV. Ph: 03-5094-1210.

WANTED TO RENT/CARETAKE

CARING WRITER requires cottage/farmhouse on acres. Caretake or reasonable rent NSW or southern QLD from mid Nov. PO Box 1341 BATEMANS BAY 2536. Ph: 02-4472-9726.

MUDGEE HOUSING CO-OP is a small urban permaculture village looking for energetic & community spirited gardeners. Two b/r home & 1 b/r unit. Ph: Greg, 02-6372-1132.

SINGLE MOTHER of one 3½ year old requires perm rental property on acreage, 2 or 3 b/rs, up to $100 per week, within 30 km of Lismore. Reliable tenant, refs avail. Ph: Rebecca, 07-3848-5428.

THREE BEDROOM HOUSE, out of Castlemaine, prefer bush acreage, for Oct/Nov. Intending to buy alternative interesting house in area. Two excel mature tenants, Ph: 03-5668-2399.

PERSONS TO SHARE/caretake 30 ac Lower Hunter bush block. Vegetarian, n/s preferred. Visitors welcome. Ph: 02-4938-2036.

SOUTH COAST CARETAKER, male 35+, n/d, responsible. Self-cont cabin, sea views Ph: 02-4457-1514 evenings.

ENERGETIC FAMILY (children 9,6,4,) wishes to experience rural/permaculture/biodynamic life style from Jan 1999 - Dec 1999. We are willing to exchange our labour (WWOOFers)/caretake for 1 - 2 months on different types of properties /communities in Victoria/NSW. Please contact Megan & Julian, 56 Grimwade Cres, FRANKSTON 3199. Ph: 03-9766-0285.

CARETAKER WITH COUNTRY EXPERIENCE required for 320 ac grazing block at LEYBURN, Qld. Ph: 07-3394-2900.

SEEKING HONEST, FRIENDLY CARETAKER/ nanny for family living lge r/forest property Whitsundays. Light chores, occasionally mind children. Free rent. Ph: 07-4958-4659.

DESPERATELY SEEKING chemical-free house on acres with good water, 1 hr hospital, moderate climate. Chemically ill family (creative gardener, earth builders, forest regenerators, home schoolers, self-suff) looking long lease/vendor terms/any creative solution. 20th century is killing us. Ph: 02-4787-6041. Write: Saadi Allan, c/- PO, BLACKHEATH 2785.

Make Your editor smile –
Punctuate when writing ads for Grass Roots Grassifieds

FAMILY REQUIRE LONG-TERM RENTAL on acreage. Preferably within reasonable distance of Steiner/transport/amenities (eg 10 km). We have well behaved domestic pets & desire to manifest a more sustainable, peaceful, earth-friendly lifestyle. Ph: 03-5986-7789, Paul/Shenka.

COTTAGE WITH SHED (S) required. Quiet 52 y/o seeks solitary existence/FRP, foothills area of Sth NSW. Rent with option to buy possible, gardening potential pref, residence's condition incidental. Modest proposals only, please. Agri/handyman/ caretaker experience. Please write to: P Clifford, PO Box 1123 BAIRNSDALE, Vic 3875.

FOR RENT

PERSON TO SHARE older style cottage in isolated country village NW slopes. Suit pensioner looking for home. Rent neg. Reply: PO 'Jacky' (GR129), PO Box 117, Seymour. 3661.

PYRAMUL 2 b/r cottage, 8 ac, ph, elec.chook pen, glasshouse, vegie patch. $60. Ph: owner, 02-6375-0437.

QUIET COOCHIEMUDLO ISLAND, 1hr Brisbane. 2 b/r house, suit pensioner or couple. $90. J Danecki, PO COOCHIEMUDLO ISLAND Qld 4184.

HOUSE ON FIVE ACRES, 2 b/r & loft, 12V solar/gas. perm ck. In picturesque valley, f/trees, 20 mins KYOGLE. $95 pw. Needs caring tenant. Ph: 02-6632-1128.

WANTED

MINERALS/FOSSILS, semiprecious stone for lapidary work. Decorative minerals and fossils for collection. Any attractive Australian material considered. Examples include quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

ATHERTON TABLELANDS: Young family wish to join/create intentional community or similar. Gary & Belinda, PO Box 1008, INGHAM, Qld 4850.

HANDCRAFTS

CRAFT WORKSHOP VIDEOS: Learn at home at your own pace from your personal, highly qualified instructor. VHS titles include spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lacemaking, felting, fabric painting and more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 03-5286-8224.

HAVING DIFFICULTIES OBTAINING small gauge brass screws, hinges, catches, and associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g, etc from ¼" long to 1". Also various woodworking tools, glues and abrasives. Backed up by a sharpening service. Send $3 for catalogue (refundable off 1st order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 03-5152-1001. Fax: 03-5152-1001.

WAX SUPPLIES for all crafts, candle, beeswax, sealing wax, sculpturing & colour dyes, wick, polish and advice. Ring or write: Handful Wax, PO Box 87, LAKE MUNMORAH 2259. Ph: 02-4358-1224.

BEADS! BEADS! BEADS: Unique selections of handmade glass, metal and wooden beads. Also findings, threads and kits available. Cost $8 for samples, colour copy and info. Write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

GRASSIFIEDS

HANDCRAFTS

THREAD BUNDLES, **Clearance sale** Stranded cotton in bundles of 100 x 8 m skeins in 50 assorted colours. Shades matched to DMC – $20 post free. The Big Bundle of Stranded Cotton of 240 colours – $50 post free. Weaving reeds from 80c inch avail 8, 10, 12, 15 dents + post. Send 45c stamp for free price list. B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763. Fax: 08-8276-2185.

HEALTH & BEAUTY

NATURAL DIETARY SUPPLEMENTS at discount rates. Oxichel, Emugen – Herbanol, Pharmalliance Products. Please send $5 and SAE for sample tablet tray and brochures to: Brian O'Riley, PO Box 1351 MURRAY BRIDGE SA 5253, or ph: 08-8531-1411.

HANDMADE PURE VEGETABLE OIL SOAPS. For a product brochure send SAE to: Bushcraft Soaps, Lot 3, Counter Rd, MS 591, GYMPIE 4570.

EX-COMMERCIAL FLOAT TANK $3000 Ph: 02-4994-9110.

HOMOEOPATHIC KITS to assist your child's natural immunity. Covering 0-5 years. Full instructions included. Send SAE for more info or $45 incl postage for kit to: SL Products, PO Box 22, STH CAULFIELD 3162.

GLUTEN-FREE HEALTH PRODUCTS for everyone: Gravy, Pizza Mix, Pastry. Other organic products avail. Century Nova, Ph/fax:03-6224-3382 AH. Write: PO Box 1863, HOBART 7001.

MAGNETIC FIELD THERAPY. Medical magnets for arthritis, sports injuries, headaches, neck shoulder, feet, legs & back problems. Ph: 02-9587-2920 AH.

CONFUSED? Discover purpose in life. Get control *now*. Write Jon, PO Box 665, KATOOMBA 2780.

FOOD AND KITCHEN

BEE POLLEN, no additives, 450 g sample pack $10. 1.9 kg pack $35, 4.3 kg pack $70, 14 kg drum $185. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

HOME STONE FLOUR MILLS – mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome.

BUTTERCHURN, MEDIUM CAPACITY, benchtop Blow imported model, never used. Half new price $48. Ph: 03-5762-2046.

WATER, PURE WATER, 100% hydrogen & oxygen. Just as nature intended. Invest in your health with a pure water distiller. Guaranteed to consistently produce pure water, free of bacteria, viruses & all other contaminants. Your body will love you. Also a range of home flour mills. Perfect flour from coarse to pastry-fine. Lifetime warranty. More info ph: Bread 'N' Water. Freecall 1800-888-880.

PLACING AN AD?
See page 81 for details

MISCELLANEOUS

RADIATION-FREE SMOKE ALARMS, battery ($45) or mains ($52), photoelectric, postage $4.50. Ph: 03-5154-0151. 3D Lights, RSD GOONGERAH 3888.

CAN YOU USE A SPANNER and screwdriver? Three different almost unknown businesses you can run from home. No opposition. I've retired so the secrets can be yours. No canvassing or mail order. Start with $50 capital. Details free. Send SAE to Peter Gardner, 13 Harlequin St (PO Box 571), LIGHTNING RIDGE 2834.

TRIDENT TIPIS. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', Lot 107, Cedar Creek Road, via MILLFIELD, 2325. Ph: 049-981-659.

TIPIS, 10'-22', FROM $460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western and Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Phone: 03-5762-2145, mobile: 015-048-196. Tipi hire avail.

NATURAL SKIN CARE PRODUCTS, handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

GREYWATER SYSTEM, easy to construct and fully tested. Council approved (Lismore NSW). Combines a treatment unit and seepage/ evapo-transpiration system. Plans and specifications available at $50 per set from: Sustainable Greywater Systems, PO Box 176, NIMBIN 2480. Ph/fax: 066-891-703.

CREATE A WIND MACHINE from recycled materials – prototype. Pumps 5 kl per day, 6 m head, light wind. A genuine DIY system, plans/instructions/ideas. Send $30 cheque, m/order, payable to: DMD Recycling Systems, PO, ONGERUP, WA 6336. Allow 3 wks delivery.

HEALING RETREAT in a tropical paradise, $300 per week all inclusive. Ph: Whitsundays, 07-4945-7253.

SILVER WIRE 99.999% PURE, suitable for making colloidal silver with diagram and notes for making your own colloidal silver. Price $20 for 2 x 10 mm pieces. Ph: 07-4162-2373, post free.

WWOOFER WANTED, Long term considered. Christian/Sabbath retreat. Ph: 03-6491-2408. Grays, Box 212, SHEFFIELD, Tasmania. 7306.

AUTOMOBILIA: METAL BADGES, cloth patches, buckles, leather key rings for hundreds of cars, trucks, motorcycles; caps & stubby coolers also. Ph: Kevin, 07-5495-4063, or 0413-765-112.

SOLAR WATER DISTILLATOR converts up to three litres per day of tapwater, borewater, seawater, any water into pristine, clinically pure, *nectar of the Gods!* You will be astounded and delighted! No filters, chemicals, electronics or moving parts in this fully portable high performance unit measuring only 1125 x 520 x 120 mm, weighing 10 kg. Only $399. Money back guarantee. Universality Of The Sun. Ph: 04-1893-4607.

WANTED, ONE CINVA RAM, in good condition. Contact: Brendan O'Leary, 02-6028-9245. RMB 1122B, KANCOONA 3691.

RE HERBS: Can anyone help?!! Has anyone a herb dryer we can use? All letters answered. 22 Cheshire Street, KIPPARING QLD 4021.

SEPTIC TANKS-HOW TO BUILD/or how to maintain one. Don't desludge! Treat the cause, Booklet $20. HG Stephens, PO Box 18, EAST MELBOURNE 3002. Ph: 03-9510-3192.

AS-NEW, BEASLEY 5MSC, 370hr solar hot water system with 2 Solapak solar collectors & anti-freeze kit. $1800 ONO. Ph/fax: 03-9583-5197.

LEAF GUTTER TRAP, easy to install debris diverter. Keeps gutters clean & downpipes clear. Primary diverter for any r/water storage tank. Manufactured in Zincalume or Colorbond & fitted with all types of downpops. Price $32 to $42.50 + p&h. Free color brochure. PO Box 941, SALE 3850. Ph/fax: 03-5144-4217. Internet Address: http://www.home.aone.net.au/leafguttertrap.

STAGECOACH, Replica, Cobb-type 11 passenger; pole bars for team, harness for pair. Full details from: Peter Meyer, PO Box 102, PANTON HILL 3759.

1961 KOMBI, 23 window microbus deluxe, mountains of 1600 engines, rebuilt gearboxes, spare doors & panels. $3500. David Matthews 20 William Henry St, ULTIMO, NSW 2007.

COURSES

EARTH BUILDING & LIFESTYLE – Learn about building with rammed/poured earth, rendered straw bale, mud brick, associated products & lifestyle. Attend Starting Point Seminars in Earth Building Techniques; stay at Earth House B&B, or get yourself started with Starter Pack – $35 post incl. A guide to building your house of earth. Contact: Cherie, PO Box 222, COCKATOO 3781. Ph: 03-5968-1686.

PERMACULTURE DESIGN COURSES. For SE Australia – Nov 29 to Dec 11. Weekend course 12th & 13th September. Enquiries: Hugh Gravestein, 02-6494-2014.

CORRESPONDENCE STUDIES. Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety & Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 BH only.

SUSTAINABLE LIFESTYLE? Learn how with Jane & Andrew. Choose from eight modules. Send SAE: PO Box 374, BABINDA, Qld 4861.

SUMMER SCHOOL, Healesville Jan 4-9, 1999. Professional tuition in singing, woodwind, brass, strings, life drawing, oils, watercolour, sculpture & creative dance. Beginners welcome. Grand concert & exhibition final day. Childcare & free accom. Enq: 03-5962-3107.

GRASSIFIEDS

COURSES

SMALL SCALE SUSTAINABLE FARMING: A hands-on course covering many aspects of owning & running a small farm (½ to 100 ac), including: farm buildings & sheds, organic vegie production, animal husbandry, poultry, sheep, goats, pigs, cattle (especially Dexter cows), water on the farm, gates & fencing, milking & milk processing - butter, cheese, yoghurt etc, pasture & crop establishment & management. The course requires participants to bring gumboots, overalls & be prepared to get dirty. Maximum limit of 15 students per course. This is run on 5 Saturday afternoons from 1-5pm. On Farm at Nth Richmond at the base of the Blue Mountains. Cost $85 for 5 weeks Contact: Bob Pickworth, 02-4576-6212, or email: bojulabah@pnc.com.au.

PERMACULTURE IN A NUTSHELL. Introductory 1-day w/shps conducted regularly at Djanbung Gardens Permaculture Centre, 2nd & 4th Saturday of every month, incl tours of Jarlanbah Permaculture Community. Details contact: Permaculture Education, PO Box 379 NIMBIN NSW 2480. Ph: 02-6689-1755.

PERMACULTURE DESIGN CERTIFICATE Courses taught by Geoff Lawton & a team of designers at The Permaculture Research Institute. October 18-31, January 17-30. Each course is followed by 2 weeks of practical on-ground training. Permaculture Earthworks Design for PDC graduates. Design & installation of swales, dams & erosion control techniques. Permaculture Design Consultancies & tours of Tagari Farm. Ph: 02-6679-3275. Fax: 02-6679-2018. Email: tagari@norex.com.au.

LIVESTOCK

DOG BOOKS, All subjects from 'Paws In Print' Bookstore. Mail order catalogue avail by sending an SAE to: PO Box 3168, WHEELERS HILL, 3150. Ph: 03-9795-9158.

BOER GOATS: Full blood stud & commercial bucks & does from $600. Boers are docile, easy to handle & the future of the goat meat industry. Management & agistment also avail. Gumnutt Goat Stud. Ph/fax: 02-4977-2662. Lot 4, Sauls Rd, MANDALONG 2264.

MEAT RABBITS, NZ White, Californian, British Giant. Healthy, quality breeding stock for sale. *'Why Farm Rabbits'* information booklet. Ph: 02-6558-8287.

DEXTER CATTLE, low maintenance small acreage. Stud quality grade females. Heath Hill Stud Ph: 03-5997-8323.

CATTLE: The British White Cattle Society of Australia Ltd, est 1983. New members welcomed. Get in on the ground floor now. Australian and imported bloodlines available. Enquiries to: PO Box 546, CABOOLTURE, Qld 4510. Ph: 075-496-8271 or 076-958-561.

PLACING AN AD?
See page 81 for details

GARDEN AND ORCHARD

BAMBOO: PLANTS - BOOKS - FLOORING, 250 species, running or clumping, 15 titles bamboo books. Bamboo flooring boards now in stock. Send $4.50 in stamps for catalogue. Bamboo Australia, BELLI PARK, Qld 4562.

E-Mail: bamboo@bamboo.oz.com.au.

FREE $4.50 packet of mixed gourd seeds when you purchase your new 52 page *Gourd Growers Handbook* $18. Mixed packets, Ornamentals, Hardshells, Luffa sponge, Cannon Ball, Calabash, Bean, Bottle, Birdhouse, Goose, Maranka, Coloured Corn - $4.50 packet. Minimum purchase $9. Bulk pkt $10 - 30 seeds. Giant Gourd mix - 9 seeds $10 packet. All prices include p&p. Money back guarantee. Send your order to: The Gourdfather, PO Box 298GR, EAST MAITLAND 2323. Ph: 02-4933-6624. PS: Craft books also available.

'TREES FOR FARMERS'. Email: address: www.nativenursery.com.au. Mildura Native Nursey ph: 03-5021-4117.

COMPANION PLANTING CHART. Over 90 vegetables, herbs and fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs and flowers. Mail order $7 each + $3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

BAMBOO PLANTS, lge range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

TREE GUARDS all shapes/sizes from under 10 cents each. Bamboo stakes and weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 051-579-404.

TOBACCO SEEDS selected from quality, best flavoured plants. Organically grown. Seeds and instructions $5. E Madge, PO Box 114, POMONA, Qld 4568. (MS 626).

EARTHWORMS. FREE, the most comprehensive catalogue of books on this subject. Send a business size SAE to: Worm World, PO Box 204GR, ROLLINGSTONE, Qld 4816. Ph/fax: 07-4770-7001.

TOBACCO SEED. ORGANICALLY GROWN (Virginian), cultivation and curing notes included. Send $5 to Lyn O'Brien, C/- PO, BARMAH 3639.

RAINFOREST SEED COLLECTORS national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs $20, concession $10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233.

LOOKING FOR HERITAGE or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of *The Curator* lists the sources for thousands of vegie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs $25 PA or $18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

UNUSUAL VEGETABLE SEEDS. For catalogue send 5x45c stamps to: GGO, PO Box 908, GYMPIE 4570.

EARTHWORMS & WORM FARMS: Worms for compost or bait, $10 for 1000. Ph: Vermiculture International 02-6238-3577, fax 02-6238-3017.

HERBS AUSTRALIA - Herb industry web site. A new web site has been established for the herb industry in Austalia in response to industry demand for more extensive networking and easier sourcing of information. Focuses directly on the needs of industry members in Australia. Updated every few weeks. Information on what's happening in the industry.
http://www.focusonherbs.com.au

BAMBOO NONINVASIVE, exotic, clumping, decorative, ornamental, sml or lge. Edible, structual, screening, erosion & dam walls. Send 2 x 45c stamps. 41 Jarvey Dr, MS2293, AGNES WATER, QLD 4677.

WATER CHESTNUTS - Edible water plants that multiply. Instructions & 100 corms. $25 express delivery. Tagastaste - windbreak, fodder, flowers-1000 seeds & instructions. $20. Aintrees, Ferris St, STRATHMERTON 3641.

HOLIDAYS

LAMINGTON GLEN – rainforest retreat, secluded cabin. Everything supplied except food. Ph: 075-544-8166.

RUSSELL ISLAND LAND TOURS, accommodation and no-stress holidays. Permaculture, fishing, canoeing, mountain bikes, horses, yacht trips – and more. Backpacker prices: Phone: Canoeworld, 07-3409-1960. Or email: trev@canoeworld.com

MORUYA – FAR SOUTH COAST NSW, romantic 1b/r and family 2 b/r bush cabins. Big open fires. $250 per week. $100 per weekend. Ph: 02-4474-2542, pm.

ALLERGY-FREE HOLIDAY, Pelican Lagoon, Kangaroo Island. Walking, swimming, fishing, birdwatching. Limestone house, no chemicals or zinc, safe for multiple chemical sensitivity, organic meals. Cheaper rates if helping with gardens or housework. Ph: 08-8553-7224 after 8pm.

FOR SALE

CANON SOLAR PANELS. Latest technology at electrifying prices! Genuine five amps output. Equivalent to 80 watt Solarex, Siemens, BP etc. Introductory offer only $499, cheap freight. Many other solar specials. Universality Of The Sun. Ph: 04-1893-4607.

SOLAR WATER DISTILLATOR converts up to three litres per day of tapwater, borewater, seawater, any water into pristine, clinically pure, *nectar of the Gods!* You will be astounded and delighted! No filters, chemicals, electronics or moving parts in this fully portable high performance unit measuring only 1125 x 520 x 120 mm, weighing 10 kg. Only $399. Money back guarantee. Universality Of The Sun. Ph: 04-1893-4607.

GRASSIFIEDS

FOR SALE

SELECTRONIC INVERTER. Model SE-12/24, maximum output 2000 watts, true sinewave. Introductory offer only $999. Cheap freight. Many other inverter specials. Universality Of The Sun. Ph: 04-1893-4607.

UNI-SUN DEEP CYCLE BATTERY. 6000 watt-hour capacity, 12 or 24 volts. Up to 5 year cycle life. Suitable for small to medium size domestic solar power systems using gas refrigeration. Introductory offer only $899. Cheap freight. Many other battery specials. Universality Of The Sun. Ph: 04-1893-4607

AMPAIR WIND GENERATOR. Maximum output 8 amps at 12 volts or 4 amps at 24 volts. If you need a small wind plant to back up your solar panels, the AMPAIR has proven to be the most reliable of them all. Introductory offer only $1300. Cheap freight. Many other wind generator specials. Universality Of The Sun. Ph: 04-1893-4607.

SOLAR TECHNOLOGY DESIGNERS CATALOGUE 1999. Almost 10 years on and still shining! Australia's leading renewable energy manual and source book. If you want more great bargains as listed above, plus a treasure trove of solar knowledge, here's the *Grass Rooters Bible!* This book will save you thousands of dollars on mistakes you won't make, and exorbitant prices you won't pay! See our display advert for further details. Universality Of The Sun. Ph: 04-1893-4607.

SERVICES OFFERED

HOME PLANS. 'The Earth Builders Plan Catalogue' (180 pages): 92 plans for handcrafted buildings (83 homes and 9 workshops, cabins, and carports) of mud brick, rammed earth, stone, poleframe, timber, poured earth, strawbale, construction details; usable sample working of a home (12 x A3 sheets). Mail $62 (p&p incl) to: John Barton – Building Design, 31 Sharp St, NEWTOWN, Vic 3220. Phone and enquiries to: 03-5222-5774 for fixed quote to draw and document your home plan. Bankcard, Visa, Mastercard, cheques accepted.

MUDBRICK (EARTHWALL) TESTING – certificate for council. Effluent Disposal design (ASI547) for domestic premises. Soil testing. Hackett Laboratory Services, 4/8 Bellbowrie St, PORT MACQUARIE 2444. Ph: 065-832-635. Fax: 065-837-453.

OPPORTUNITIES

SEVEN-DAY SABBATH-KEEPERS seek involvement self-suff project: all correspondence welcomed. Possibilities: mutual encouragement, assistance, share farming/home, small business/manufacturing/trade/community service/sanatorium, caretaking, rental. VG(GR129), PO Box 117, SEYMOUR 3661.

DEADLINES: GR 130 – OCTOBER 30TH
GR 131 - DECEMBER 20TH

ATHERTON TABLELANDS NQ, secluded property 235 ac total 40 ac cleared, avail for organic agricultural activity or tourist venture, independently or joint venture. Call Ross on 02-4572-8495, or write to: 70 Halcrows Road, CATTAI 2756.

HOUSE and ½ acre Ph: 03-5340-2314. Victorian calls only.

CALENDAR EVENTS

CRYSTAL WATERS PERMACULTURE Village, 'the motivating edge' conducts ½ day permaculture and community tours on the 1st and 3rd Saturday of every month. Contact James on: 07-5494-4721 for info, or write to: The motivating edge', Crystal Waters, MS 16, MALENY 4552. Booking is essential.

ROOFTOP FARMING IN BRISBANE, Oct 28, Inn on the Park, 507 Coronation Drive, Toowong, 1-5pm. Half-day seminar to inform planners, regulators, architects, developers, retailers, property owners & growers. Guest speakers. $50 person. For info ph: Geoff Wilson, 07-3349-1422.

RENEWABLE ENERGY & Sustainable Living Fair, Nov 14 & 15, Musk, via Daylesford. Demos, renewable energy equipment, exhibitors, eco shop, food, kids' activities. For info ph: Going Solar, 03-9328-4123.

PENINSULA MUD BRICK House Tour, Oct 25, demos, advice, displays, market, $10 per adult, children free. Proceeds to Somers Primary School. For info ph: 03-5983-5538 or 03-5983-5546.

AUSTRALIAN CENTRE For Environmental Law Short courses. Oct 12 & 13, Conserving Biodiversity: Law & Policy. Nov 2 & 3 (Canberra) or 5 & 6 (Sydney), Introduction to Environmental Law & Policy. For info ph: 02-6249-3397, 02-6249-3487.

SPRING GARDENING SCHOOL, Latrobe University, Beechworth campus. Four days live-in, lectures, workshops, garden visits, plenty of discussion. Learn & enjoy. For info ph: 03-9250-6800.

FIBRE NETWORK FESTIVAL, 9-11 Oct. Theme: An Eye For Colour. Demos, traders, videos, knitting, spinning, weaving, dyeing. Held at Hurlstone Agricultural High School, GLENFIELD. For info ph: 02-9524-9944.

PEPPERMINT RIDGE FARM, opening of workshop & resource centre, Oct 10. Venue for permaculture education sustainable land management, environmental issues, reconciliation. 540 Tynong Nth Rd, TYNONG NTH, 75km SE Melbourne. For info ph: 03-5942-8580.

AUSTRALIAN CRAFT SHOW, Brisbane Oct 14 - 18, Canberra Nov 4-8, Sydney Nov 24-29. Diverse range of exhibitors of high quality crafts incl ceramics, wood turning, textiles, leather, glass, jewellery, furniture, sculpture, weaving, folk art, plus, plus. For info ph: 02-9876-3905.

ENVIRONMENTAL FIELD DAY, Nov 22, Dudley Chesham Sportsground, Burragorang Road, The Oaks, NSW. Family day, free admission, living in harmony with local environment. For info ph: 02-4677-1178.

HERONSWOOD, SPRING FLOWER FESTIVAL, Oct 31- Nov 6. Heronswood Historic house open Nov 3. Beautiful gardens, advice & service, demos, lectures. 105 Latrobe Parade, DROMANA. Melway ref 159C9 10am-4pm. For info ph: 03-5987-1877.

BACKYARDS & BOUNDARIES, special exhibition at Mornington Peninsula Regional Gallery. Traces representation of the garden 1840-1930. For info ph: 03-5977-2286.

THE AUSTRALIAN FAMILY, an exhibition celebrating the diversity of family life to be held in 14 metropolitan and six regional museums (across Victoria) during October. For info ph: Anna Epstein, 03-9534-0082.

ALL NATURAL FAMILY FOOD FAIR, Mudgeeraba, Gold Coast, Nov 8. Organic & vegetarian food, eco-friendly stalls, Clydesdale horses, steam train. For info ph: 07-5528-0674.

OPEN HOUSE TOUR, The 1998 Maffra Avon Owner Builders and Briagolong Primary School open house tour, Dec 6. Starts with the Art and Craft market at the Briagolong Recreation Reserve from 10am until 2pm. For info ph: 03-5145-5260.

EXCHANGE

FREE HOLIDAY IN EXCHANGE for expert help in setting up organic kitchen garden in central west Queensland, Contact Kim on 07-4651-0509.

CLUBS

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA). Information, counselling, newsletter. For information and membership write to: PO Box 48, HARRIS PARK 2150.

PUBLICATIONS

'NIMBIN NEWS MAGAZINE', is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestylers & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 editions for $18, sample $3.50. Back copies 5 for $12 posted. PO Box 209, NIMBIN 2480.

BOOKS, OLD AND NEW. Send for general list. R Suters, PO Box 127, FIGTREE 2525.

BOOKS, NEW AND OLD. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

'THE WIND IN MY FACE' excites awareness of the wonders of nature. A diary with watercolours. Peaceful, relaxing reading. A4, hardback. Rawlhouse Publishing, 1141 Hay St, WEST PERTH 6005. Ph: 08-9321-8951.

GRASSIFIEDS

PUBLICATIONS

'AUSTRALIAN TOBACCO'. How to grow, cure, treat and cut your own. A well researched book by John Van der Linden. Send $15 (postage included) to Lyn O'Brien, C/- PO, BARMAH 3639.

'GRASS ROOTS' mags (20) & *Earth Garden* (7), $3 each. Ph: 03-5784-9263.

'OWNER BUILDER' MAGAZINE. Building a home? *Owner Builder* Magazine gives Grassroots people inspiration, encouragement and downright sound technical information. *Owner Builder* magazine is avail from newsagents or by subscription. $24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 03-5468-1899.

'NEW VEGETARIAN & NATURAL HEALTH', the magazine of the Natural Health & Vegetarian Societies. Subscribe today, $30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 0247-215-068.

'CHOOKWISE: A Self Sufficiency Guide to the Management of the Domestic Hen', by Linda Marold. A simple straightforward guide to chook care for beginners. Covers feeding, housing, problems and breeding. Written for Australian conditions. $12 post paid anywhere in Australia. L Marold, PO Box 54, CASTLEMAINE 3450.

'VEGAN FORUM', subscribe today, $30 annually, receive 4 magazines & newsletters from your state. E-Mail aura@zip.com.au, or mail: Luis Rappaport, PO Box 384, EDGECLIFF, NSW 2027.

COMPOST WORMS. Books & videos on all aspects of worm farming: for profit, gardening, bait, waste management. Free book list from WormWide Books, 4 Poppet Rd(G), WAMBOIN, NSW 2620. Ph: 02-6238-3577, fax: 02-6238-3017. Mobile: 0412-1122-85.

SUSTAINABLE LIVING, newsletter & product list of ECO REAL ESTATE AUSTRALIA. We are buying & selling eco properties around Australia. Wonderful permaculture properties for sale, great books to help you design & build energy efficient houses & grow organically, also solar toys & educational kits. Phone, write or email for FREE copy. PO Box 33 OYSTER BAY, NSW 2225. Ph: 02-9528-6926, fax: 02-9528-8614. email mag@eco.com.au or www.eco.com.au.

SUPPRESSED & UNUSUAL TECHNOLOGIES, catalogue, free energy devices, antigravity, hydrogen fuel, magnetic motors, alternative fuels & engines, high mileage, 200+ topics. Send 5 x Aust 45c stamps to: Lostech Archive, PO Box 456-R TOLGA, Qld 4882.

'GRASS ROOTS' 74 - 123. $150 + postage. Ph: 02-9521-5585.

'IRMINSUL' is a 54 page quarterly journal dealing with Odinic tradition, Runes, earth healing, history & nthn tribal lifestyle. Contact: PO Box 42, COOLAMON 2701.

DEADLINES: GR 130 – OCTOBER 30TH
GR 131- DECEMBER 20TH

HOME EDUCATION, for info send SAE to: Alternative Education Resource Group, PO Box 71, CHIRNSIDE PARK 3116.

EARTHLINK'S EARTH FRIENDLY PRODUCTS & services resource guide (formerly *Green Pages*). For your copy send $3 (incl p+h) to: PO Box 645, KENT TOWN, SA 5071. Call: 0500-532-784 (05005 EARTH), or visit www.earthlink.com.au. Our 1999 edition is avail soon for listings. Earthlink - Saving a sml planet.

GR COPIES SECOND-HAND, issues 18 to 115. Few gaps. Ph: Colleen, 02-9821-6745 for list in mail.

CONTACTS

NEW SOUTH WALES

FILIPINA, 51 yrs, wants to meet lifetime partner. Write or ring: Belvedere, Condobolin, 2877. Ph: 02-6896-2284.

ECCENTRIC MALE, 34, slim, n/s, s/d, enjoys animals, outdoor activities, seeks adventurous female for laughter, life, love & country lifestyle. Ph: Ray, 02-9621-2848. Or write: Ray (GR129), C/- PO Box 117, SEYMOUR 3661.

LONELY FEMALE, late 30s, no kids, shy, not a good mixer. Outdoor, enviro, state of planet, philosophy, sci-fi interests. Seeking perm r/ship with n/s, n/d, caring, loyal man. Must like animals. Libra, Aries, Sag best match but would like to hear from anyone with similar interests. Lonely female (GR129), C/- PO Box 117, SEYMOUR 3661.

SENSIBLE, EDUCATED, SPIRITUAL LADY, n/s, SOH, looking for a normal r/ship with a normal male, 45 - 55, n/s, prefer n/d. Not desperate, but in need of someone sincere & honest to restore faith in opposite sex. Gemini (GR 129), C/- PO Box 117, SEYMOUR 3661.

NORTHERN NSW, woman, 58, 5' 6", warm, happy, fit, healthy, well balanced, generous spirited, financially independent, good cook, not slim, needs to find soul mate who appreciates things country & business, free to travel, ultimately long r/ship. VS (GR 129), C/- PO Box 117, SEYMOUR 3661.

CHRISTIAN SINGLES, all ages, all denominations. Send for FREE COLOUR brochure to: PO Box 122, WALLSEND 2287 or www2.hunterlink.net.au/singles

GENT MID SIXTIES, retired builder, fit. Interests incl camping, travelling, fishing, golf, massage. To meet couple with secluded property nth NSW, sth Qld. Reply: Sun-lover (GR 129), C/- PO Box 117, SEYMOUR 3661.

ATTRACTIVE WOMAN, n/s, n/d, 50s, slim, affectionate, knowledgeable, non-Christian, semi-vegetarian, willing to relocate, seeks slim soul mate, GR lifestyle. Ph: 02-9545-4815 AH.

LIBRAN MAN, sun & moon, 33, working class, n/s, n/d, artist, musician, meditator, sense of self & spirit. Seeks woman 30 - 40, tall, beautiful, free & abundant. Brett, PO Box 614, GLEBE 2037.

I'M 45 YEARS OLD, Filipina, caring, honest & loving. I would like to meet a guy over 50 years old for friendship/r/ship. Ph: 02-9798-8725.

QUEENSLAND

SINGLE GUY, early 40s n/d, interested in lapidary, bushwalking, picnics. I live/work on organic avocado farm SE Qld. Seeking genuine lady for companionship, up to late 30s. Photo please. Write: Chris (GR129), C/- PO Box 117, SEYMOUR 3661.

YOU'VE TO BE a 'real' gentleman, 70s, intelligent, very well educated, interest & respect for nature, classic art, music & literature, n/s, healthy. Not a millionaire - money's empty & boring. I read, listen & write, quiet, calm character, live in the mountains of SE Qld. Let's have a cup of tea somewhere, sometime. Replies to: AIR (GR129) C/- PO Box 117, SEYMOUR 3661.

MALE FIFTYISH, tall, fit. Peasant by choice, sailor next, multi-skilled. Interests: sustainable agriculture, books, mainly classical music, good movies etc. Appreciate good taste, intelligent company, SOH. Seeking special lady to share my place & travels. Please reply to: SF (GR 129), PO Box 117, SEYMOUR 3661.

FELLOW HUMANS, if you are interested in forming an alternative commune, with a lifestyle based on equality & sharing everything & a goal of eventually attaining freedom, to grow, to learn, to live harmoniously with nature. Write: Kahl (GR129), C/- PO Box 117, SEYMOUR 3661.

SINGLE MALE, 33, seeks female similar, share self-suff lifestyle. VTPR. Humble, caring, optimist, active, sensitive, Christian, hardworking, creative, resourceful. Interests - natural health, permaculture, wilderness, kids, animals, nature, fruit, mostly veg, no tobacco, s/d, SOH. Dislikes - consumerism, jewellery. PB, (GR129), PO Box 117, SEYMOUR 3661.

DUTCH WOMAN, n/s, n/d, late 40, quiet, feminist but no lesbian, likes privacy, nature & animals. Seeks 1 or 2 other women without dependent children, preferably n/s, n/d (moderate drinker OK), to share or co-purchase shares in 100 ac coastal property in central north Qld, with view to achieve some degree of self-suff. Must be committed to animal welfare & wanting to live on the land. Please write: Suzan, (GR129), C/- PO Box 117, SEYMOUR 3661.

NORTH QUEENSLAND BUSHIE has searched hell west & crooked & can't find what he's looking for: a woman aged 18 - 25 yrs who will ride, shoot straight & speak the truth. Ferals, hippies, spiritualists & politically correct wowsers need not apply. Send letter with photo to: Jacko, C/- PO Box 237, MOSSMAN 4873.

WE ARE LOOKING FOR A LADY 55 - 60 who would be interested in buying a 2 b/r unit on 5.8 ac. Share duplex with tall gent 66, interested in walks, animals, music, books, is genuine & caring, also involved in local scouts as team leader. Ph: 07-4163-0965.

MAN, YOUNG-THINKING, 44 y/o, gentle, n/s, n/d, astrologer, into low-stress, low-cost lifestyle, simple pleasures, nature, seeks slim, gentle, woman friend to 44 y/o. PK (GR 129), C/- PO Box 117, SEYMOUR 3661.

GRASSIFIEDS

CONTACTS

DEADLINES: GR 130 – OCTOBER 30TH
GR 131 - DECEMBER 20TH

VICTORIA

CHRISTIAN LADY, 42 years, nonsmoker. Interests: gardening, permaculture, swimming, walking, cooking. Would like to meet a Christian man for friendship. Please write to: PO Box 1213, BAIRNSDALE 3875.

ARIES MAN, early 50s, survivor of previous r/ship, with teenage son. Live nature-based lifestyle in East Gippsland, farm worms, work with wood/earth/brain, grow trees and am developing eco-commune in Central Vic. Interests include meditation, natural food/medicine, music, dancing, children, wildlife, gardening. Wants to meet tall lady, 30 - 40, with similar & complementary interests to share my work, love & dreams. Must be n/s, physically active, love children, like country living and be prepared to get her hands dirty. Write: Ross, PO Box 37, BAIRNSDALE 3875.

ACTIVE FORTIES MAN, n/s, s/d, seeks attractive 30s lady to share lifestyle b/w a picturesque rural property & part-time city living. I am presentable, honest, caring & affectionate & looking for a perm r/ship with the right lady. Cap (GR129), C/- PO Box 117, SEYMOUR 3661.

To avoid disappointment ensure your ad meets our deadline

SOUTH AUSTRALIA

STILL SEARCHING for my other half, I am female, Scandinavian background, late 40s, 5' 5", 60 kg, fit, healthy, natural, tertiary educated, cuddly, honest, loyal, optimistic, divorced in '82, employed yet ready to leave 20 yrs working life for natural male companion to share/settle down with. Chooks, vegie garden, self-suff life, Qld climate, beach access & a caring, sharing, nature-loving, open-minded, sincere, financially independent male, similar age or older, would make my dreams come true. Interests include: tuning into nature, walks, candlelight, relaxation - massage, holidays on tropical islands, healthy food, natural history, peace & quiet, fishing & finding you. Reply 'Anders' (GR 129), C/- PO Box 117, SEYMOUR 3661.

WESTERN AUSTRALIA

THE KIMBERLEY WA, fulfilled positive 35 y/o man of Celtic heritage seeking a r/ship with a wise balanced woman. Are you interested in living on an Aboriginal community? Do you understand & believe in the ancient values surrounding mutual consent? Have you been active in the social justice or environment movement etc? Bret (GR 129), C/- PO Box 117, SEYMOUR 3661.

TAUREAN GOAT on sth coast, content, fit, creative, 43, seeking masculine to share joys & challenges of inner journey, openly, unconditionally. Taurean Goat, (GR129), C/- PO Box 117, SEYMOUR 3661.

NORTHERN TERRITORY

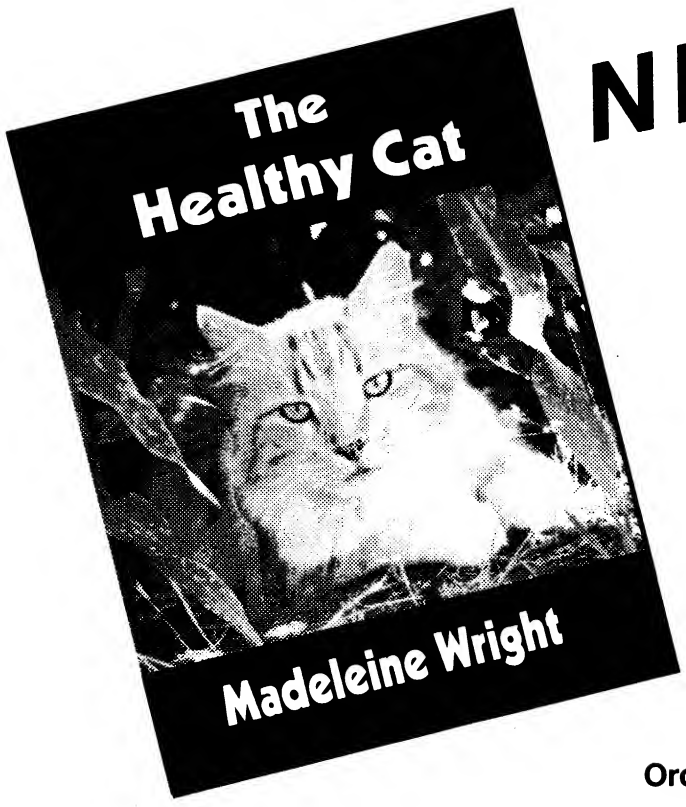
COUNTRY GIRL, 25, looking for Mr Right, doesn't need to be perfect, just fun loving with a great sense of humour. Write: NESS (GR 129), C/- PO Box 117, SEYMOUR 3661.

PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 117, Seymour 3661 (our address) and we'll forward them (unopened) to you. There is a nominal charge of $5 for this service, so please add this to the amount when calculating the cost of your ad.

ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will re-address & forward it. Don't forget to put the issue number on reply, i.e: Skye (GR 128) . . .



NEW
from Grass Roots Publishing

A Healthy Cat is A Happy Cat

Natural diet Common ailments Alternative remedies

Easy guide to a healthier moggy without expensive diets and drugs

$15.00 plus $2.50 postage
Orders to GR, P.O. Box 117, Seymour. 3661

Subscribe to Grass Roots

Cost for 1 year (6 issues) including postage, is:

- ☐ **Australia $31.00** (☐ 2 years $62)
- ☐ New Zealand A$36.00
- ☐ Other countries A$38.00 (International bank draft only)



Name.....

Address.....

.....Post Code.....

Ph:(day) (.....).....

Subscription $.....

Back issues - @ $4 ea $.....

N^{os}.....

Total price of books (including p&p) $.....

Total enclosed **$.....**

Tick appropriate box then add up the total weight of your books and work out postage cost from the chart below.

- ☐ Grass Roots Livestock Index (100 g).....$5.00
- ☐ The Bullock Driver's Handbook (300 g).....$14.95
- ☐ Country Scents (200 g).....$9.95
- ☐ Natural Pet Care (200 g).....$16.95
- ☐ Poultry Breeders Directory *New Edition* (200 g).....$10.00
- ☐ The Healthy Cat (200 g).....$15.00
- ☐ Healthy Land for Healthy Cattle (250 g).....$18.95
- ☐ Going Tropical (300 g).....$14.95
- ☐ Growing Nuts in Australia (350 g).....$24.95
- ☐ Binders for Grass Roots (including postage).....$15.00

Please allow 3 weeks for delivery

BACK COPIES

Back copies are $4 each (includes postage).

Note: issues 1-11, 13, 14, 16 and 17 are no longer available.

Send us a stamped, self-addressed business sized envelope and we'll send you a free Back Copies List.

POST AND PACKING

Within Australia. Overseas prices on application.

TOTAL WEIGHT	PRICE
50 -125g	$0.95
125-250g	$2.50
250-500g	$3.50
500g-2kg	Victoria..$5.50
	other states $7.50

Post with cheque or Money Order to:

Current October 1998. **Grass Roots, PO Box 117, Seymour 3661, Australia.** 2 Chain Rd, Wahring, Vic.

Toilet
HUMOUR.

- A STANDARD toilet can waste up to 30% of all household water. A $1990 Nature-Loo composting toilet uses no water. Which means this dry season, you'll be LAUGHING *Call (07) 3252 0733 today for a bleach* FREE *brochure.*

nature loo
It's only natural.

P.O. Box 1213 Milton Qld. 4064
EMAIL:natloo@powerup.com.au

COME TO THE FAIR!

Create a home that works for you and our environment

- Seminar program
- Renewable Energy Equipment & Advice
- Building Demo's
- Home Powered by Solar, Wind & Hydro
- Permaculture & Sustainable Living
- Water & Energy Saving Products
- Composting toilets
- Enviro Organisations
- Kid's Activities

Going Solar's
Renewable Energy & Sustainable Living

F ♦ A ♦ I ♦ R

14th & 15th November '98
DAYLESFORD, VIC.

Send 10 stamps for NEW product catalogue

Going Solar
322 Victoria St
Nth Melb. 3051
Ph (03) 9328 4123

Eco Emporium
406 Smith St
Collingwood 3066
Ph (03) 9415 1786

Website: www.green.net.au/goingsolar

L.P. GAS *Refrigerators*

Modern, Economical LP Gas fridge freezers designed for the alternate energy domestic application.

Readily available from:

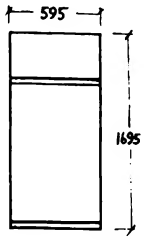
Vic/Tas:
DP Refrigeration
Ph: 03-9437-0737

Qld:
Gas & Portable Refrigeration
Ph: 07-5593-4066

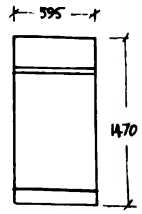
NSW
Country Gas Fridges
Ph: 02-9681-4365

SA
Clifton Caravan Refrige Services
Ph: 02-9681-4365

350 Litre Model QD320G
276 litre fridge capacity
74 litre freezer capacity



217 Litre Model QD22F
187 litre fridge capacity
30 litre freezer capacity



270 litre chest type gas freezers also available

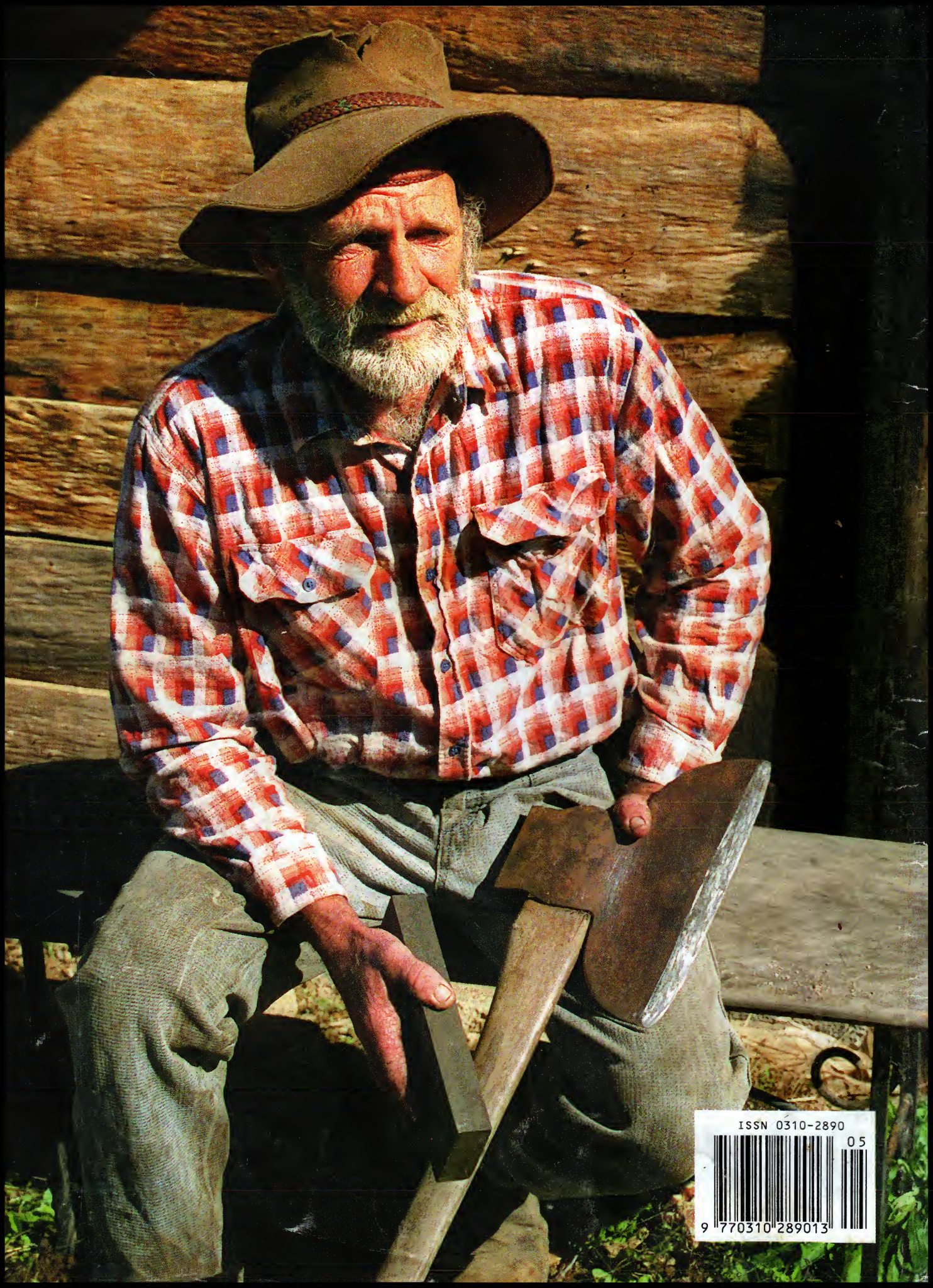
RED CLOUD GINSENG

- Supplying Ginseng
 - Seeds
 - Rootlets
- Consulting to Growers
- Site Surveys

Stratified seed and 1 year rootlets will be available mid to late autumn 1998 for immediate planting.
Call any time for information on ginseng and ginseng growing.

Phone : 0411 128 285
Fax : 03 9826 5164
Email : yvonne@netlink.com.au
Internet: www.jarvis.com.au/ginseng
Mail: P.O.Box 792, South Yarra 3141

"The 'Gift of Heaven' from the High Country"



ISSN 0310-2890
05
9 770310 289013